

# HeraldPOST

Serving the communities in U.S. Army Garrison Baden-Württemberg

## IMCOM begins new suicide prevention program

A new program that began Feb. 15 aims to decrease the alarming number of Soldiers taking their own lives.

During the next five months, Installation Management Command is conducting suicide prevention training in three phases for its Soldiers, Department of the Army civilians and family members. The goal is to increase community awareness of suicide risk factors and warning signs and to encourage intervention for at-risk troops.

In 2008, suicidal behavior among U.S. service members was at an all-time high, with 143 Soldiers taking their own lives. According to officials, suicides are occurring across every segment of the Army: active duty, reservists, officers, enlisted, deployed, non-deployed and those who have not yet been deployed.

Therefore, IMCOM leaders have directed a "Stand Down" phase, which will be see **PREVENTION** page 16

## Bucky in concert



American country music singer Bucky Covington performs a concert during his first United Service Organizations/Armed Forces Entertainment tour Friday at the Kazabra Club on Vogelweh in Kaiserslautern. This concert was the third of his first USO tour and was hosted by U.S. Army Garrison Kaiserslautern's Family Morale, Welfare and Recreation.

### American Idol finalist brings 'home' to Germany

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

With a "K-Town are we ready?" country music singer and former "American Idol" finalist Bucky Covington went right into an "American Friday Night" at the Kazabra Club on Vogelweh in Kaiserslautern.

"American Friday Night" is the first song from Covington's self-titled debut album,

and that's exactly what it was as he brought "home" to more than 100 fans Friday as part of his first United Service Organizations tour.

"Pretty much, USO sums up to me – bringing a piece of home to the troops all over the world, and I've been looking forward to doing a USO tour for a very long time," said Covington, who placed see **COVINGTON** page 17

## KMC personnel move 725 housing units to Afghanistan

By Angelika Lantz  
21ST TSC PUBLIC AFFAIRS

In line with President Barack Obama's decision to send 17,000 additional troops to Afghanistan in support of Operation Enduring Freedom, the 21st Theater Sustainment Command is doing its part by assisting with building the life support foundation for the upcoming influx of troops.

"The 21st TSC's 39th Transportation Battalion is leading the reception, staging and onward movement for

725 portable housing units to Afghanistan," said Maj. Jose Valentin, the support operations officer for the 39th. "These climate-controlled and relocatable living buildings are conducive to changing weather patterns and provide a more comfortable living environment for our troops."

The initial mission called for the 39th Transportation Battalion to move 600 portable housing units, with an additional 125 buildings to be airlifted at a later date. see **AFGHANISTAN** page 17



Soldiers from the 39th Transportation Battalion's Movement Control Team secure a stack of four portable housing units to a T3 pallet train of three 463L Air Force pallets. The entire mission, which required a total of 18 C-5 Galaxy aircraft flights, was completed Feb. 18.

**HP THURSDAY**  
Feb. 26, 2009

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### Defense Details

#### ENDING STOP-LOSS

Ending the military's so-called "stop-loss" program is a priority for Defense Secretary Robert M. Gates, a senior official said Tuesday. The stop-loss program is the involuntary extension of active duty beyond a service member's expiration of term of service. The program is in place to make sure units deploy with all positions filled. Service members with an ETS or retirement date that would occur while a unit is deployed can be "stop-lossed" until the end of the deployment.

Army news: [www.army.mil](http://www.army.mil)

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## COMMENTARY

# YOU can help prevent suicide

*Watch out for your buddies; you just might be the reason they decide to live*

**T**he worst taste in the world is the gunpowder residue at the business end of a shotgun. Not so much because of the taste itself, but the reason why you're tasting it.

My now ex-wife and I had filed for divorce two days earlier and a loaded shotgun in my mouth was the best solution I could devise to express my deep sadness.

Whether sheer clumsiness, divine intervention or an unconscious moment of self-preservation, I lived despite pulling the trigger.

I was blessed – my little finger received the hammer strike instead of the firing pin – sparing my life.

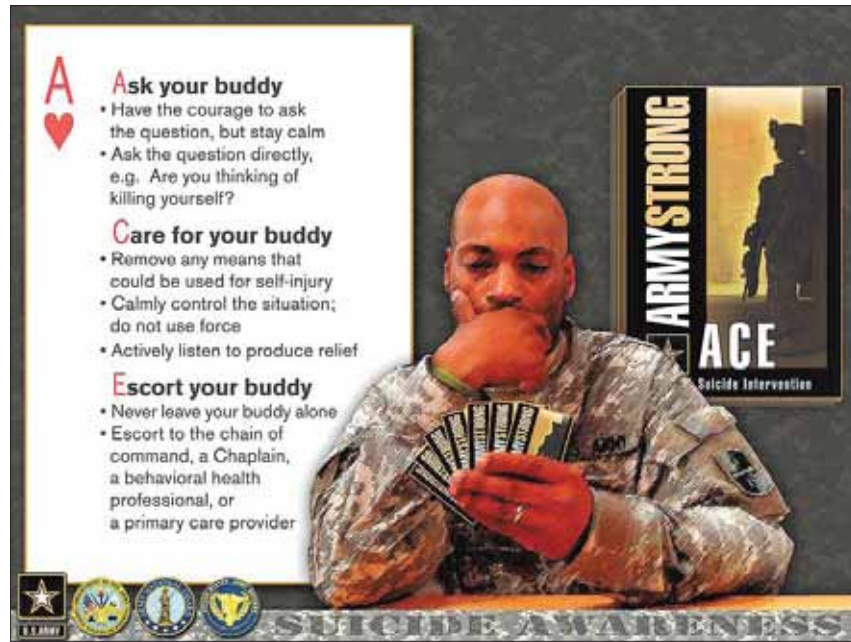
That was nine years ago.

Today, I'm blessed by a closer relationship with God and a wonderful family.

I'd lie if I said I haven't thought about taking my life since that cold November morning. Some bad news in the middle of a deployment to Iraq led me down the familiar path of suicidal thoughts.

Fortunately, I had a great team of Soldiers by my side who knew me well and knew something wasn't right. Between them and the nearest chaplain, I was able to talk through my feelings, my thoughts and my options.

Ultimately, taking your own life should never be an option on the table, no exceptions.



Unfortunately, 143 Soldiers made the wrong choice in 2008, which works out to a rate of 20.2 suicides per 100,000 Soldiers and is the highest number since 1980 when the Army began tracking the figure. It's also higher than the national suicide rate – 19.2 per 100,000 people.

In response to a growing rate of suicide, the Army began using the ACE Suicide Intervention Program in 2008.

The acronym ACE stands for:

**A**sk your buddy – Have the courage to ask the question, but stay calm, and non-judgmental. Ask the question directly, e.g. Are you thinking of killing yourself?

**C**are for your buddy – Remove

any means of self-injury. Control the situation in a calm way; force would only escalate the situation. And actively listen to your friend's concerns.

**E**scort – Never leave your friend alone, and escort him to the chain of command, a chaplain or a health care provider. Get him help.

Well before this program Soldiers across the force were doing just that. I'm proof positive that this method helps save lives. My friends knew me best and started asking questions – made sure I didn't do anything stupid and got me help.

Soldiers have many places to turn if they feel they've run out of options.

In the garrisons, Soldiers can find

a chaplain. Family Life chaplains are trained counselors who work with Soldiers on a wide range of issues. Go to Army Community Service, where Military and Family Life Consultants can help. Personnel at the local medical center can also get you to a counselor.

When deployed, go to a medic, an aid station or a chaplain.

The best advice I can give to anyone who thinks they have run out of options – start talking. The more trusted people you talk to the better your chances of getting help and the better your chances for survival.

Editor's Note: The author's identity has not been disclosed at the author's request.

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## Ham says more troops needed in Europe

By Jim Garamone  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, D.C. — More troops will be needed to adapt to U.S. Army Europe's evolving missions, USAREUR Commander Gen. Carter F. Ham said during a Pentagon news conference Feb. 17.

The command once comprised some 300,000 Soldiers. Today USAREUR has approximately 42,000 Soldiers in its ranks, and its primary mission is to provide properly trained and equipped forces to support global operations, Ham said.

If current plans move forward, that number is set to dip to around 32,000 Soldiers, and Ham said he thinks that's too few. The general has recommended that two heavy brigades now based in Baumholder and Schweinfurt remain in Europe.

Ham, who visited Europe many times before assuming command of USAREUR, said the biggest change he noticed in the command was "how just about everything we do has a multinational flavor to it."

Another command mission is to continue the transformation from the Army Europe of the Cold War to a more nimble joint task force headquarters. The command would be the joint task force headquarters for any major land operation in the U.S. European Command area of operations, he said.

Ham said he wants to ensure the right force posture is in place in his command to accomplish the missions. The full briefing transcript is online at [www.defenselink.mil/transcripts/transcript.aspx?transcriptid=4352](http://www.defenselink.mil/transcripts/transcript.aspx?transcriptid=4352).

### BLACK HISTORY MONTH

## Diversity shows strength at Kaiserslautern event

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Diversity made a strong showing at the U.S. Army Garrison Kaiserslautern's Black History Month Celebration Feb. 17 at the Kaiserslautern Community Activities Center on Daenner Kaserne.

"(We are the) best Army in the world, and our one key strength is diversity," said Maj. Gen. Byron Bagby, the U.S. Army Europe chief of staff, in his speech as the event's guest speaker. "Today our Army is strong because we leverage and draw strength from the rich diversity within our ranks."

During his speech, Pfc. Tanikia Washington, from the 257th Air Missile Defense Detachment on Rhine Ordnance Barracks, looked around the room.

"I saw a lot of people from different ethnic backgrounds. I saw Soldiers, Airmen, Sailors and civilians," said Washington, who added this was the first time she had attended an observance. "It was just like what he was saying (in his speech)."

Bagby related to the 2009 Black History theme "The Quest for Black Citizenship in the Americas" by talking about Crispus Attucks, a black man, who became the first casualty of the American Revolution. He was shot and killed in 1770 in what became known as the Boston Massacre.

Other historical figures — Buffalo Soldiers, Tuskegee Airmen and Little Rock Nine — were laced into Bagby's speech, some crossing over into personal accounts and all relating to strength in diversity.



Christine June  
Kali Holman, from the U.S. Army Garrison Kaiserslautern's pass and identification office, sings the Negro National Anthem Feb. 17 at the garrison's Black History Month Celebration on Kaiserslautern Community Activities Center.

Buffalo Soldiers is a nickname applied to several African-American regiments of the U.S. Army in the late 1800s by the Native American tribes they fought. Tuskegee Airmen enlisted during World War II to become America's first black military Airmen. Considered to be one of the most important events in the African-American Civil Rights Movements, the Little Rock Nine were a group of African-American students enrolled in Little Rock Central High School in 1957.

Several members of the Tuskegee Airmen and Little Rock Nine were guests at Black History Month Obser-

vances while Bagby was the commander of the Division Artillery of the 101st Airborne Division (Air Assault) in Fort Campbell, Ky., from 1997 to 1999.

"Diversity is about teamwork and many people with different backgrounds, specialties and ethnic groups coming together for a common cause to defend our nation," said Bagby on why he chose that theme for his speech. "That to me is a strength that we should keep on leveraging."

Music at the event was provided by the Vogelweh Gospel Choir and The Band — a group of local military and

civilian community members who play instruments or sing during their off-duty hours.

"We just formed for today's event," said Kali Holman, one of the singers of The Band, and whose daytime job is at the garrison's pass and identification office on Kleber Kaserne.

The Band's rendition of the Negro National Anthem at the start of the program received high praise from Bagby.

"Of all the times I've heard the Negro National Anthem performed in the past, this was best rendition I've heard," Bagby said before he began his speech.

He later explained that The Band's special twist showed some creativity, which struck him as extra special.

"I'm a soprano singer and the song is a little too low for me," said Holman, explaining the special twist, and who divulged that she selected the song even though she had not sung it before. "It was kind of hard for me to sing the song, so we had to tweak it the best way we could to fit my voice. We just came up with whatever we came up with."

The Band closed out the event with the Black Eyed Peas' "Where is the Love?"

"I liked the rapping part — that was really great because it got everyone bobbing their heads and tapping their feet," Washington said.

Food sampling of collard greens, black-eyed peas and banana pudding were provided at the free event. Books and artwork were on display courtesy of the garrison's libraries and a local vendor.

The next national observance is Women's History Month in March hosted by the 21st Theater Sustainment Command.

## Army expands youth career guide program to all garrisons

By William Bradner and Scott Copus  
FMWR

The U.S. Army launched a new youth educational program called LIFE, Inc.: The Ultimate Career Guide for Young People at an event at the Tolson Youth Activities Center at Fort Bragg last month. LIFE, Inc. is available to all Army garrisons through installation youth centers and is sponsored by DeLoitte Foundation.

Marshall Scott Copus, youth pro-

gram manager for Army Child, Youth and School Services at the Army's Family and MWR Command, heads up the LIFE, Inc. initiative for the Army.

"Young people are bombarded with so many opportunities to make the wrong choice," said Patti Turner, Fort Bragg Youth and School-Age Services administrator. "Programs like LIFE, Inc. give them opportunities to practice making good choices; to think about positive possibilities and goals in life. It's a real boost for military

families."

"Military children have certain barriers to deal with that other children don't have," Turner said. "... It is up to us to bridge the gap, to provide youth programs like LIFE, Inc. that will help coach/mentor them to become what they want to be."

LIFE, Inc. gives today's youth the opportunity to view their future in an inspirational way. One of the most important aspects of the LIFE, Inc. program is its ability to help students

"envision" future career possibilities through the use of interviews with "Virtual Role Models." These are real people who serve as mentors for the students, reflect on their lives' journey and provide useful insights about their own career paths.

LIFE, Inc. is also being translated into Spanish, and all materials are available for free PDF download. Garrisons or youth centers interested in the program can contact Marshall Scott Copus at [marshall.copus@us.army.mil](mailto:marshall.copus@us.army.mil).

# Through the eyes of a child

## Ham discusses deployment, community with HMS students

By Dave Melancon  
USAREUR PUBLIC AFFAIRS

A group of Heidelberg Middle School students told U.S. Army Europe Commander Gen. Carter F. Ham they want to spend as much time as they can with their Soldier-parents before deployments.

Ham spent about an hour with a group of 28 students talking about deployments, community, school, recreation and services during an informal meeting held in the school's multipurpose room Tuesday.

"You are group of people I do not often get to hear from," Ham said as he opened his conversation with the sixth, seventh and eighth graders. "Your voices are important to me. It is very useful to me to hear from you because your voices are not ones that I hear day in and day out."

Ham said he travels around the command meeting with Soldiers, civilian employees and other adult groups, but meeting with students is rare. However, he said he has been adding meetings with high school and middle school students because he wants to hear from students about what they think is working well, what needs to be improved, and what programs they like and do not like.

Eighth-grader Hannah Shumway had just one request for the general: help families spend more time together before deployment without intrusions from deploying parents' units or workplaces.

"He might help us get more time with our dads or moms; just a week where (our parents) do not have to spend time in the office, and they are not getting constant phone calls or e-mails," Hannah said.

"You're looking for some time – some protected time – to be at home or just to be with them before they go," Ham responded. "We will do the best we can to make sure there is some predictability, to protect some time for you to do those family activities that are so necessary."

"I can't promise that you'll see changes tomorrow, but I can promise that your com-



Gen. Carter F. Ham, U.S. Army Europe commanding general, talks with Heidelberg Middle School students about their concerns during an informal meeting in the school's multipurpose room Tuesday. The general and the students discussed topics ranging from their parents' deployments to a request for longer school recesses.

ments to me make a lot of sense, and we'll make sure that we get programs in place that will protect that very special time for your moms and dads before they go."

After the first few questions, the meeting turned from a question-and-answer session into a conversation between the general and the students.

By a show of hands, the students told Ham many of them had parents who are deployed or recently returned from deployment. A few students have experienced the deployment of both parents.

"The first few months are hard," one boy said. "There is someone in your life that's usually (there), who isn't. But after you're used to them being gone, they come home and it's pretty weird."

Ham told the students it's normal for children and parents to change over the course of a deployment, and that it takes time for families to re-establish relationships and routines when their Soldiers come home.

"We all accept that the Soldiers will be a little bit different because they've been through a different experience," Ham said. "What we forget sometimes is that we change, too. You're a year older, so you've

**"Nobody understands what it is like to have a parent deployed better than you do. As hard as I might try or as hard as others might try, it is not the same for us. We are not in your shoes. I am really encouraged hearing that you are taking care of each other."**

—Gen. Carter F. Ham, USAREUR Commanding General

grown as well. These deployments affect each of us differently."

The general asked the students if services at their school, churches or in the community helped them prepare for and deal with deployment, and who they rely upon during the "really bad days of a deployment."

Many said they found support through those formal channels, but also relied upon each other, their families and pets.

"Nobody understands what it is like to have a parent deployed better than you do," Ham agreed. "As hard as I might try or as hard as others might try, it is not the same for us. We are not in your shoes. I am really encouraged hearing that you are taking care of each other."

The students told Ham they believe many school counselors and teachers – particularly those whose spouses have de-

ployed – understand what it is like to have a deployed parent, but that some school officials may not understand military life.

"I want to make sure that you have the people and the services available to you if you want them," Ham said. "I want to make sure you have folks that you can talk to and that you can do so anonymously if you like to."

When Ham quizzed the students about their parents' rest and recuperation leave, services offered at the Armed Forces Recreation Center in Garmisch and other family leave activities, many said they enjoyed those programs, but had problems with the unpredictability of their parents' arrival for the two weeks of R&R leave.

"We try very hard to predict when Soldiers are able to come home on their leave," Ham said. "You all understand it is going to move a little bit be-

cause of airplane availability and weather."

Sports, clubs and teen centers were named as top choices for local activities, while longer recesses and swimming pools were high on the students' wish lists. A suggestion asking for school field trips drew some applause.

Several students said they appreciated that the general took the time to meet with them and listen to their concerns.

"I really like that Gen. Ham actually came out, because he really does not have to. It actually shows that he does care," said eighth-grader Alex Carlos. "He does want to make a difference."

Justin Collier said he was impressed with the general's questions.

"He actually listened to what we had to say, and you could tell that he was paying attention to what we meant," the eighth grader said.

## HEIDELBERG PMOC retreat to Willingen

Staff Report

Sixty-four men from the Heidelberg community chapels attended a three-day winter retreat in Willingen, Germany, Feb. 13-16, to learn more about being a man that God can use.

The men, from the Patrick Henry and Mark Twain Village Protestant congregations and the MTV Gospel congregation, also had some fun together skiing, ice skating, swimming and driving go-carts.

"It was an outstanding event and super ski weekend," said Jeff Hall, a member of the MTV Protestant congregation. "I was able to spend quality time with my son, meet other Christian men from the Heidelberg community, and get away from the pressures of work."

The guest speakers were Dan Meyers and his father Udell Meyers. Dan Meyers is a storyteller and musician who ministers primarily to the military community. More information on his ministry and his tour dates is available at [www.dan-meyers.com](http://www.dan-meyers.com).

Udell Meyers is a former Marine who currently works for Navigators, another ministry that reaches out to the military community.

"I think Dan and his dad Udell speaking to us together this weekend was great, and I hope to do the same thing with my dad someday," said Stephon Calhoun Jr., son of Lt. Col. Stephon Calhoun from the MTV Gospel congregation.

Between sessions on being "A Man God Uses," the men were able to enjoy their free time on the nearby ski slopes and go-cart track.

Sixteen of the men were accompanied by their sons as the trip was open to young men who were at least 11 years old.

"This past weekend was the best men's retreat I have been on," said James Nelson, member of MTV Gospel congregation. "To see fathers and sons together was something to witness. The Holy Spirit was in and through this whole weekend; it was a blessing to be a part of this."

Kathy Farmer, wife of Lt. Col. Bill Farmer, a member of PHV Protestant Men of the Chapel, said, "This men's retreat is the Valentine gift that keeps on giving – to my husband, to me as a wife and to us as a couple. There is not a better gift than encouraging my husband in his walk with the Lord. Our entire family reaps the blessing of his spending time with God, as well as the encouragement of other believers."

This weekend was made possible by the chaplains of the Heidelberg community, specifically Chaplain (Lt. Col.) Jason Duckworth, Chaplain (Maj.) Jerald Jacobs and Chaplain (Capt.) Mike Griffith.

Any man interested in more information on Protestant Men of the Chapel should contact Duckworth at DSN 370-7824.

# Spouse Training Program

## Heidelberg ACS offers program to help family members gain employment

By Jason L. Austin  
HERALD POST STAFF

For Driana Arango, who arrived with her husband in Heidelberg three months ago, the new ACS Spouse Training Program was just what she was looking for.

"I already knew I wanted to get a job and do something," Arango said. "I wanted to find a place where I could actually talk to someone" about getting a job.

Through the Families Learning About Germany, or FLAG, class, Arango learned about the Employment Readiness Center operated by Army Community Service, where she met Michiel DeVito, Heidelberg's employment readiness program manager.

DeVito found out what Arango was looking for and gave her options.

What came out of Arango and DeVito's meeting was the ACS Spouse Training Program, which incorporates the different services offered by the Employment Readiness Center into one program.

"It's formalizing what we've done before, giving it a structure," DeVito said.

"In Heidelberg, there was nothing that ... gave you some education, some skills, formalized training plus on-the-job training."

Thanks in part to the Army Family Covenant, DeVito said she is able to work individually with more clients.

"Finding a job and changing your skill basis is one on one. It's not a one size fits all for us," DeVito said.

"Army Family Covenant money has been targeted in the support area for us. That frees our program managers up to really look and see what's out there and who needs what kind of support and better focus the resources we have."

"We're able to really look at our community and our population," DeVito said, "and say 'OK, in line with the Army Family Covenant, who are we not helping right now, or how can we better assist?'"

The Spouse Training Program is an outgrowth of that spirit.

"We're trying to make sure that young spouses that are new to the military ... know also that this is a



Jason L. Austin

Mihwa Graham, Driana Arango and Nkili Burnside work together to figure out Microsoft Excel during an Introduction to Excel class held at Army Community Service Monday. Arango is completing her final class in the ACS Spouse Training Program.

**"Army Family Covenant money has been targeted in the support area for us. That frees our program managers up to really look and see what's out there and who needs what kind of support and better focus the resources we have. We're able to really look at our community and our population, and say 'OK, in line with the Army Family Covenant, who are we not helping right now, or how can we better assist?'"**

-Michiel DeVito, Heidelberg Employment Readiness Program manager

place they can come and look at enriching their work experience."

Participants make an agreement to commit to 60 hours of documented volunteer work, which gives them on-the-job training, and take four classes, preferably two computer skills classes and two employment skills classes, like resume writing or interviewing skills.

DeVito said the volunteer hours alleviate the catch 22 found in most career fields – you want a job, but need experience, but to get experience you need a job. Volunteer time

solves the problem for job seekers.

Arango, who will soon start her new job as a teller at the DoD Community Bank at the Community Support Center, said she really enjoyed her volunteer hours as a front counter worker at ACS.

"It's a really great way to get out there," Arango said. "(It was) a great opportunity to get to know what's out there for you, all the options you have, all the help you can get. If you have a goal, just get out there and look for resources that can help you get that."

## Mannheim community celebrates history of African-Americans

By Ina Stiewitz  
USAG MANNHEIM PUBLIC AFFAIRS

"Who knew that we will once be able to celebrate a dream," said guest speaker Command Sgt. Maj. LaToya E. Sizer, American Forces Network-Europe, during her speech at the Black History Month celebration in Mannheim Friday.

The event began with a video presentation on the life of African-Americans, showing their struggles and achievements in society, which attracted the audience's attention.

The song "A Change is Gonna Come" by Sam Cooke accompanied the presentation and signified the ceremony's theme "the quest for black citizenship in the Americas."

"Obama's election shows that we could change things," Sizer said. "A change is always possible, as long as you work for it."

Remembering several important African-American individuals, she got to the point that Barack Obama's "achievement is the ultimate result of African-American history, of American citizenship."

Also parts of the event were a step



Guest speaker AFN-Europe's Command Sgt. Maj. LaToya E. Sizer addresses the audience during the Black History Month celebration in Mannheim Friday.

show, a spiritual dance and a song performance by community members, whose participation in the event demonstrated the importance and the value of such an event, according to Lt. Col. Jeffrey Fletcher, Mannheim garrison commander.

"The black American history is a daily commitment," Sizer said. "We make history every day, every hour, and every minute."

Sizer emphasized that everyone is responsible and involved in the process of change.

## Girl Scouts celebrate new European home in Italy

By Joyce Costello  
USAG LIVORNO PUBLIC AFFAIRS

LIVORNO, Italy – Girl scouts from all over Europe descended on Camp Darby for the unfurling of the United States of America Girl Scouts Overseas-North Atlantic colors at the organization's new headquarters here.

More than 200 girls representing 28 troops from across Europe participated in the Passport to Pisa Program, according to Margaret Renward, chief executive officer of USA Girl Scouts Overseas-North Atlantic.

Lt. Col. Steven Cade, commander of U.S. Army Garrison Livorno, called the headquarters' relocation here a great opportunity for Girl Scouts all across the continent to grow and learn within the youth organization, while experiencing the new and different cultural aspects of life in Tuscany.

"We are proud that the Girl Scouts have chosen Camp Darby ... to host their event (and their headquarters)," Cade said.

"We have a great community that prides itself in hospitality and opportunities to see the best of Italy," the garrison commander said.

For Kendra Bader, from Troop 63 of Kaiserslautern, participating in the ceremony expanded her horizons, she said.

"This event is good for your education, and it gives you the chance to have fun and communicate with other girls around the world," Bader explained.

"I like earning badges, and Girl Scouts has really taught me how to get out and meet new people."

Scout mom Karen Pryor recalled her own experiences as a Girl Scout, which "gave me opportunities and a chance to build my confidence and try things that I probably wouldn't have gotten a chance to try."

"I'm glad my daughter is getting the chance to do adventurous things she might not otherwise try," Pryor said.

Girl Scouts of America has been supporting daughters of service members in Europe since 1951 when a troop was formed in Heidelberg.

## Fontaine awards EOD NCOs Purple Hearts in Mannheim

By 1st Lt. Lindsey Rowland  
28TH TRANSPORTATION BATTALION

The 21st Theater Sustainment Command honored four noncommissioned officers from the 720th Explosive Ordnance Disposal Company, 28th Transportation Battalion, 18th Military Police Brigade with Purple Hearts Feb. 12 at the 28th Transportation Battalion Headquarters on Coleman Barracks in Mannheim.

Staff Sgt. Gabriel Burkman, Staff Sgt. Benjamin Wagner, Staff Sgt. Beau Martindale and Sgt. Nathan Williams stood at the position of attention as Maj. Gen. Yves J. Fontaine, commanding general, 21st Theater Sustainment Command, presented the EOD NCOs Purple Hearts for injuries suffered while deployed in support of Operation Enduring Freedom 07-08.

"I am sad that these Soldiers were hurt, but with the global war on terror and with tribute to the training and combat focus – this has helped them survive," Fontaine said.

"It's always an honor to give this award. Thank you for serving our nation," Fontaine told the NCOs and their families.

The four NCOs received Purple Hearts from five different incidents while deployed, and one of the NCOs, Burkman, was the recipient of two Purple Hearts.



Staff Sgt. Gabriel A. Burkman, a native of Columbus, Ind., is joined by his wife Lisa Marie Burkman while being awarded two Purple Hearts by Maj. Gen. Yves J. Fontaine, commanding general, 21st Theater Sustainment Command, during a ceremony on Coleman Barracks in Mannheim Feb. 12. Burkman was awarded the Purple Hearts for injuries suffered while conducting operations in Afghanistan with the 720th Explosive Ordnance Disposal Company.

"I had four Soldiers receiving Purple Hearts," said Maj. Walter Bielecki, company commander, 720th EOD Company. "This is the Year of the NCO. This is an excellent example of how our NCO's support us on a daily basis and continually manage to accomplish the mission."

A clear demonstration of this state-

ment is how Martindale received his injuries. Martindale suffered his injuries in Afghanistan when he was hit by a secondary improvised explosive device Oct. 24.

"We were clearing a route and our convoy was hit by an IED. We then did a post-blast analysis, where we get out to investigate, when the second de-

vice went off about 10 feet away from me," Martindale said. "We were going through one of the passages clearing a route and were hit. It was about 10 pounds worth of explosives, a remote control IED," Martindale added.

Martindale suffered injury in his right ear, permanently losing most of his hearing in that ear, while secondary fragmentation from gravel struck his right arm and a few pieces of gravel embedded in his neck and head.

Williams was also out on a route clearance patrol Feb. 24, 2008, but with the 70th Engineer Battalion, from Fort Riley, Kan., when he received his wounds in combat.

"We were driving on a route clearance patrol when an IED went off under my vehicle," Williams said.

The driver's side of the Joint Explosive Ordnance Disposal Rapid Response Vehicle was hit, leaving all three Soldiers inside the vehicle with minor injuries. Williams suffered a sprained back and a concussion.

"We actually got out after the blast and did a post-blast analysis. There were five pounds of homemade explosives in the pressure plate," Williams said.

The 720th EOD Company returned from its deployment in November and is currently conducting EOD operations for the Mannheim military community.



Staff Sgt. Christopher Marasky

Pfc. Jon Wallace, 14th Engineer Battalion, 555th Engineer Brigade uses a fire extinguisher to put out a tire fire on Ali Base, Iraq, Feb. 15. The 407th Expeditionary Civil Engineer Squadron Fire Department offers classes to Army units to ensure that they are well trained in putting out mine resistant ambush protective vehicle fires during convoy operations.

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Staff Sgt. Joseph L. Swafford Jr.

Brig. Gen. Robert A. Harris (left), commander, 194th Engineer Brigade and Sgt. Roy Hayes, 775th Well Drilling Detachment, inspect soil consistency while drilling a well in Dikhil, Djibouti, Friday. The Tennessee National guardsmen are deployed to Africa in support of Combined Joint Task Force-Horn of Africa.



Staff Sgt. Adam Mancini

Pvt. Jeffery Hansen crouches down after launching a 60mm mortar round on a range at Forward Operating Base Lane in Afghanistan, Feb. 15. Hansen is assigned to Company B, 1st Battalion, 4th Infantry Regiment, which is home based at U.S. Army Europe's Joint Multinational Readiness Center in Hohenfels.



Staff Sgt. Adam Mancini



Sgt. Frank Vaughn

Sgt. John Gaynor, communications noncommissioned officer for Florida National Guard's 146th Expeditionary Signal Battalion, is restrained by Sean McManus, civilian information technology contractor with Victory Base Help Desk at 40th Signal Brigade, during rolling drills Feb. 19 at the Sgt. 1st Class Paul R. Smith Physical Fitness Center on Camp Victory, Iraq.

(Left) 1st Lt. Larry Baca from 1st Battalion, 4th Infantry Regiment monitors the weather as a storm moves in outside of Forward Operating Base Lane, Afghanistan, Feb. 19.

## Dealing without Daddy ...



Kristen Marquez

Laura Moore pushes her daughter, Amelia, while Angela Torres pushes Moore's other daughter, Avelyn. Torres is a birth doula who helped Moore through Amelia's birth while her husband, 1st Lt. Adam Moore, was deployed.

"I didn't honestly know quite how I would be with my husband gone ... It's this completely overwhelming experience that's just huge and can be really daunting. So to know you have someone that will be by your side is just remarkable really."

-Laura Moore, mother

### *Birth doula helps mother cope with new baby while her husband is deployed*

By **Kristen Marquez**  
HERALD POST STAFF

**W**hen Laura Moore realized her husband would be deployed during the birth of their second child, she was apprehensive, to say the least.

But Angela Torres, an Army spouse and birth doula in Heidelberg, was here to help.

Laura and her husband, 1st Lt. Adam Moore, a platoon leader in the 51st Transportation Battalion, arrived in Germany in May 2007, and then in July daughter Avelyn was born — two weeks after the arrival of their household goods. Adam deployed in June 2008 and has not yet met daughter Amelia, who was born three months after he left.

"We were really nervous knowing he'd be gone the whole first year of her life and everything, but we figured so many military families do it and make it work, so we would, too," Laura said.

A neighbor of Laura's knew Torres through Lamaze classes, and suggested Laura give her a call. Laura admits she had never really heard of a doula before, but called Torres to explore the possibility of not being completely alone for the pregnancy and birth.

"Once I met Angela and decided that she was going to be available, I can't tell you how relieved I was just to know that someone was going to be

there," she said.

Though she had one daughter already, she knew that not having her husband here would make this birth a much different experience.

"I didn't honestly know quite how I would be with my husband gone, if I'd be more nervous and things like that, and I knew she knew all the better ways to relax and could really help my focus zero in," Laura said.

A birth doula provides information, comfort and simple reassurance before, during and after birth through physical and emotional support for the mother. A doula does not perform medical tasks, but rather stays by the mother's side and facilitates communication and comfort, as well as nurtures and protects the woman's memory of her birth experience.

"It can be a very complex relationship, but at the same time it's very natural," Torres said. "It's almost an instant friendship."

A doula will be available to the mother from the time they decide to work together until after the baby is born. Torres provides some home visits if needed, unlimited phone and e-mail contact for the mother, and two weeks before the baby's due date, goes on-call 24 hours a day.

Torres decided to become a birth doula after attending a prenatal yoga class while living in Bloomington, Ind. She and the class's instructor, also a

doula, had such a great connection that she decided she wanted the woman at her son's upcoming birth.

"She was at my birth and she did wonderful things for me," she said.

Torres said it wasn't until she arrived in Germany and saw many pregnant women with deployed husbands that she decided maybe she should become a doula herself.

While Torres is available for women even if their husbands are here, she has a special place in her heart for women with deployed husbands. That's why she helps with a program called Operation Special Delivery, which pairs those women with doulas on a volunteer basis.

Laura admits that being alone was a scary thought for her, but knowing Torres would be available really helped ease her nerves. "It takes a huge stress off your mind," she said. "I'm not familiar with medicine and doctors; I've only had one baby before this, and especially if you've had no babies. It's this completely overwhelming experience that's just huge and can be really daunting. So to know you have someone that will be by your side is just remarkable really."

Even though the deployed lieutenant at first didn't know what a doula was, once Laura explained it, she thinks it was a huge help for Adam.

"I know he was really comforted knowing someone would be with me,"

she said. "He was obviously nervous about not being able to be there, and so it really helped him knowing that Angela would be there."

Torres said as a doula, she simply does whatever is needed. "That's kind of my role as a doula — you fill in where you're needed," she said. "During the labor, I can help her find positions that are good for her in the laboring process. The worst thing you can do is be on your back. That causes the most damage. It causes the most pain. You are working against gravity and not with gravity."

For Torres, there might not be a better way to spend a day than helping another woman deliver a healthy, beautiful baby.

"It's an honor for me for someone to say, 'will you please come to my birth,' and it's an honor for a woman to look at me after she's had her baby and say 'thank you,'" Torres said. "It is such a profoundly life-changing experience, and to help somebody at a time when they need that unconditional support, it means everything."

For more information on Operation Special Delivery, log on to [www.operationsspecialdelivery.com](http://www.operationsspecialdelivery.com). The service is available all over the world for women with deployed or severely injured husbands as well as those who have lost family members in the war.

To contact Torres, log on to her Web site at [www.beauchoix.com](http://www.beauchoix.com).



## Parents encouraged to review child supervision policy

By Dr. Vernon Chandler  
KAISERSLAUTERN FAMILY ADVOCACY PROGRAM

“At what age is it OK to leave my child alone at home?” “Is it ever permissible to leave my child unattended in a car?”

“At what age can my teenage child be allowed to babysit?” “Is it ever alright to leave my child at home alone overnight?”

These are questions Army parents often ask, and it is important that parents know the answers to these and other questions related to the U.S. Army Europe Child Supervision Policy.

“Parents are ultimately responsible for the welfare and actions of their children,” the policy states. “Failure to exercise those parental responsibilities may constitute child neglect.”

U.S. Army Garrison Kaiserslautern

Commander Lt. Col. Mechelle Hale has directed that all garrison personnel follow USAREUR Army policy regarding child supervision.

According to the Army child supervision policy, children under the age of 5 may never: (1) be left alone at home; (2) be left alone overnight; (3) be left outside unattended; (4) be left unattended in a car; (5) babysit siblings; or (6) babysit others. However, at age 5 the Army child supervision policy no longer references the child by age but rather by school grade level.

“Regardless of age, an Army child is not considered to be in the next grade until the fall term begins,” said Belynda Smith, chief of the garrison’s Child, Youth and School Services.

“It is very important that Army personnel get a copy of the Army policy because this is the commander’s supervision guidance,” Smith said.

For kindergarten through fifth grade, children must never be left at home alone.

For grades six and seven, children can be left unattended for up to six hours with access to an adult, but they can never be left at home alone overnight. They can babysit siblings for up to three hours.

For grades eight and nine, children can be left unattended but they can never be left at home alone overnight. They can babysit others for up to 12 hours but cannot babysit overnight. Children in grades 10 and 11 can be left alone overnight at home not to exceed 48 hours, and they can babysit others.

No child under fourth grade can be left alone in a car. Children in fourth and fifth grades can be left alone in a car for up to 10 minutes, but keys must be removed and handbrake applied.

Children in sixth grade and above can be left alone in a car at the discretion of the adult caregiver.

The policy is designed to provide guidance for parents when leaving children alone or under the supervision of others, and it includes an age to grade conversion table for home-schooled children.

If you are unfamiliar with the Army Child Supervision policy, you can obtain a copy of the policy with the grade matrix tables at any USAG Kaiserslautern CYSS facility or the Army Community Service Family Advocacy Program located in Bldg. 2917 on Pulaski Barracks.

Also, the policy is posted on the CYSS page at [www.mwrgermany.com/KL/KLCYS/index.html](http://www.mwrgermany.com/KL/KLCYS/index.html). When in doubt, don’t hesitate to call CYSS at DSN 493-4185 or the Family Advocacy Program at DSN 493-4228.

## High school students graduate from first driver theory class

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

Suzy Han, 18, a Kaiserslautern High School senior, hasn’t killed a “virtual” deer in weeks while using the driving simulator during her driver education class.

Han and 14 of her fellow classmates graduated Feb. 12 from the first driver theory education class sponsored by the Department of Defense Dependents Schools-Europe and U.S. Army Garrison Kaiserslautern.

“This course gives students background information, experience and a little bit of what to expect when they do get their license and are driving,” said Lynn Rice, the garrison’s school liaison officer.

These graduates were the first to use the FOERST Driving Simulator provided by the Army’s Installation Management Command – Europe. Ten simulators, including the one in Kaiserslautern, were installed throughout the region to enhance driver’s education programs for DoDDS students. A simulator is also located on Ramstein Air Base.

“It (the simulator) is really realistic,” said Candace San-

chez, 17, a KHS junior. “You can hear the sound of the turning signal. You can hear the windshield wipers and the horn. It just gets you ready for all the different sounds that you are going to hear on the road.”

Reflecting real-world driving comes through multi-panel monitors, offering a natural awareness of peripheral vision. It is complete with a rearview mirror and side mirrors.

“Students get to experience the car in motion, stopping the car, and searching for obstacles or hazards that they might face as they are driving not only under normal conditions but also when driving at night or in the rain or snow,” said Tom Burriss, the KHS Driver’s Ed teacher.

The student can choose to use the simulator in manual or automatic mode.

“No one in my family knows how to use a clutch, so I’m the first to learn how to shift gears,” said Han, who does not yet have her driver’s license.

Jeremy Way, 18, Ramstein High School senior, said the simulator was a fun way to learn, but could be annoying at times.

“Deer would just pop out of nowhere – truly nowhere



Matthew Chodzko, 17, Ramstein High School junior, is about to pass while driving using the U.S. Army Garrison Kaiserslautern’s simulator Feb. 10 at Bldg. 2923 on Pulaski Barracks. Chodzko is one of 15 teens who graduated from the first Driver’s Education Theory class sponsored by the garrison and the Department of Defense Dependents Schools.

“Students get to experience the car in motion, stopping the car and searching for obstacles or hazards that they might face as they are driving not only under normal conditions but also when driving at night or in the rain or snow.”

—Tom Burriss, KHS Driver’s Ed teacher

— they would just appear and BOOM — they come out right in front of you and just stop there,” he said.

Burriss said the class is divided into 18 chapters discussing topics such as buying a car, and the basic function and controls of a car.

For graduation, students had to complete 50 hours in the classroom – two hours during the week and four

hours on Saturdays.

The students were tested after each chapter and the four units, as well as taking a final exam.

This course counts for .5 high-school semester credit. It may also help graduates receive a discount on car insurance when they do start driving, Rice said.

“It takes a lot of commitment,” said Burriss, who add-

ed that the students are still in school, and this course was in addition to their homework assignments.

A date has not yet been determined for the next course. Those interested in attending need to register at the garrison’s Child Youth School Services’ Central Enrollment in Bldg. 2898 on Pulaski Barracks. For more information, call DSN 93-4122.

## IMCOM-E civilian tour extensions aren't automatic

By Tom Saunders  
IMCOM-EUROPE PUBLIC AFFAIRS

So you're stationed in Europe. The lifestyle, the food, the travel, the job ... it's great, and like many Installation Management Command-Europe civilian employees working and living overseas, you now wish to extend the tour.

What steps do you need to take to have your tour extended, and what procedures do you need to follow?

Most importantly for civilian employees to understand is that extending a tour is neither automatic nor a right of the employee, according to Alfred Lang, IMCOM-Europe Human Resources director.

"It is important to ensure we have a system that allows U.S. employees the opportunity to enjoy a tour overseas, gain some experience, then move on to other challenges, thus allowing other people the opportunity to come here and work and sharpen their skills," Lang said. "We know everyone would like to stay here longer, however, rotating personnel enables us to develop the workforce, as well as bring in fresh ideas."

To request an overseas extension, IMCOM-Europe civilian employees are required to meet with their supervisors at least one year before their expected date of return from overseas to discuss the possibility of extending the assignment.

An overseas tour extension must be based on one of three criteria: mission requirements, career-development opportunities or situations of a humanitarian nature.

For Installation Management Command-Europe civilian employees, a five-year maximum is the rule and anything longer is the exception. Any manager or supervisor in the chain of command may disapprove an extension. Only the region director can approve requests to extend an employee's tour beyond five years.

Overseas employment was never intended to be permanent for IMCOM-Europe U.S. employees, according to Elizabeth A. Gordon, IMCOM-Europe Human Resources specialist.

"The five-year limitation on employment in foreign areas allows for the continuous assessment of civilian workforce requirements and promotes the efficiency of worldwide operations," Gordon said. "Tour extensions beyond the five-year limit are designed to provide management flexibility to meet defined mission requirements that cannot otherwise be met."

Supervisors who select an employee already on an overseas tour – regardless if the tour is in Germany, Italy, Japan, Korea or any other overseas location – must determine if the employee has at least two years left on the tour. If the remaining time on the tour is less than two years, the supervisor must request a tour extension before the CPAC can extend a job offer.

Continuous overseas service or residence in a foreign area without returning to the states is used in computing the five-year period (for example: if an employee's tour extension was not approved and he resigned but stayed in the overseas area, that time counts if he applies and is selected for another tour).

If the request is approved, the garrison director of human resources or the employee's supervisor will have the employee sign part F of AE Form 690-300.301B and the rotation agreement (DA Form 5369-R). If the request is disapproved, the employee is notified by the manager or supervisor within two workdays after receiving the decision not to extend. The manager or supervisor will direct the employee to register in the Priority Placement Program within seven workdays but not more than six months before the end of the current tour after being notified or exercise other options such as exercising return rights, retirement or resignation.

To learn more about Overseas Tour Extensions, visit [www.imcom-europe.army.mil](http://www.imcom-europe.army.mil). Individuals may also check out AE Miscellaneous Publication 690-300.301A, IMCOM-Europe Overseas Tour-Extension Policy, available at: <https://www.ae-aim.hq.usareur.army.mil/library> or <https://aepubs.army.mil>.

In the meantime, enjoy your overseas tour destination, explore and enjoy the history of your local community.



Sgt. Maury Cesair is responsible for the bright, flashy graphics seen on American Forces Network-Europe.

## Graphic artist displays talent

By George Smith  
AFN-EUROPE

The graphic art of Sgt. Maury Cesair, a Soldier stationed at Coleman Barracks, features splashes of the bright, bold colors typical of Japanese anime cartoons mixed in with images that grab and entertain.

Cesair's most dramatic work is with the single-frame art that flashes up before the start of an AAFES movie theater flick, or at the top of the American Forces Network Europe's TV guide channel.

Take Cesair's ad promoting AFNE's "Morning Newswatch," a 6-10 a.m. Power Network show featuring Staff Sgt. Dijon Rolle. It's a cartoon-like image of a woman in uniform smiling and climbing a bean stalk. There are lots of bright yellows, pinks and greens masking the faint image of a city in the background. Not only does the art resemble Japanese cartoons, but the sunrise looks a bit like the rising sun rays of an old Japanese flag.

There's a reason for the subtle Japanese influence in his work. "I spent a year in Japan finishing my minor in Japanese language and culture, after taking it for a year in college," Cesair said. "I started learning Japanese as a sophomore in high school at Kenwood Academy in Chicago."

Cesair knows far more than how to say "where can I find a cheap beer in Ginza," in Japanese. He's fluent.

"When I was younger, I was really into video games such as 'Street Fighter.' The Japanese

edition of games came out a year before they dubbed them to English, so I always bought them direct from Japan. I wanted to understand what they were saying, so I started learning Japanese."

Look carefully at some of his other work, and you'll see other subtle Japanese influences. When you look at his ad for the Power Network's Connection show, a 2-6 p.m. weekday show with a mix of music from the '70s and '80s and news and information, you'll see pictures of the group "Queen," host Spc. Junius Stone and John Lennon swimming in a background of purple.

Lennon, like Cesair, married a Japanese woman. Cesair married wife Ryohko in Tokyo after serving a year in Iraq. She's still in school in Japan studying cosmetology.

If people are the sum of their experiences, it's easy to see where the swirls and rings come from in Cesair's "Connections" graphic.

"They come from some earrings I designed," he said. Yup, Cesair is a fashion designer, too.

"I was watching the Meryl Streep movie 'The Devil Wears Prada,' and one of the guys said something like 'designers are artists and what's great about these artists is that people get to live their lives in their creations,'" he says. "From there on, I realized that is the type of effect I want to have on people."

In addition to the earrings, Cesair has designed clothes for both men and women, focusing on evening gowns and cocktail dresses. He sold two designs, but mostly creates

for family, friends or himself. One co-worker at AFNE is the lucky recipient of a beach party dress.

Cesair constantly mixes his work at AFNE with his side passions. "If I see a color of design pattern that catches my attention from a dress, suit, or outfit I tend to try and use it in an AFN work project and vice versa."

Still, Cesair seldom has the time to leisurely stop, think and create during duty hours. Most of the work he does is same day turn around – anything from certificates of appreciation to turn and burn over-the-shoulder graphics for the AFN Evening News.

"A lot of the graphics requests we ask for come with a very short turn around, and I can always count on Maury," said News Director Buckley Buchwald. "He's a great Soldier – and when I see him in his civilian clothes, he looks more and more like Kanye West."

Cesair laughs when he hears the compliments, but doesn't deny any of them – especially the one about musician Kanye West. "About five or six other people have told me the same thing, especially when I wear some of the fashion I've designed."

A career in hip-hop is one of the few goals Cesair isn't striving to meet. He got his bachelor's in visual communications in 2007 and now wants to complete his MBA, launch a fashion line by 2011 and come up with a diversified company that incorporates interior designing and paintings, and wall sculptures. He also wants to earn a Doctorate of Art.

## Fort Bragg-based paratroopers train in Einsiedlerhof

By Sgt. Micah E. Clare  
USAREUR PUBLIC AFFAIRS

Sgt. 1st Class Larry Melton says he has come full circle.

It has been eight years since he trained with paratroopers from the 82nd Airborne Division, but over the past six weeks Melton has found himself working with airborne-qualified forward observers who flew in from Fort Bragg, N.C., to take advantage of a U.S. Army Europe Joint Multinational Training Command-based course.

Originally an 82nd paratrooper himself, Melton said he now serves as the JMTC Joint Fires Observer program manager at the Warrior Preparation Center in Einsiedlerhof, in charge of training forward observers – Soldiers who call for artillery strikes – to call for air strikes as well.

While normally the WPC's mission is to train Soldiers and Airmen based in Europe, a request to train 36 Fort Bragg-based forward observers created a new relationship between the WPC and its much larger counterpart, the U.S. Army Artillery Center and School at Fort Sill, Okla., Melton said.

"When we got the request, we knew it was outside our normal training capacity," he said. "We decided that we had the manpower to support this. We also wanted to establish the relationship that if Fort Sill is full, here is another schoolhouse able to train JFOs."

The first set of 82nd paratroopers arrived at the WPC in January, where they attended classes in doc-



Sgt. Micah E. Clare  
Sgt. Levi Trull, a forward observer from the 82nd Airborne Division, works with Army and Air Force personnel to coordinate close air support during a simulation exercise during the Joint Fires Observer Course at the Warrior Preparation Center in Einsiedlerhof Feb. 11.

trine before applying what they learned during simulator training, Melton explained.

During one typical simulator session, students watched as a simulated cordon-and-search mission by ground troops unfolded on a wall-sized projection display. Onscreen, as the troops searched for a high-value target, insurgents began attacking them with small-arms fire and rocket-propelled grenades. From their overwatch position, the student observers had to pinpoint the insurgents' location and send the data to an Air Force joint terminal attack controller, who could then relay the information to a pilot ready to attack the target.

"In a real-world situation like this, if it can't be neutralized by any other means, close air support is needed," said Staff Sgt. Jamie Moss, a forward observer from the 82nd's 1st Battalion, 325th Airborne Infantry. "(During combat) I've never called for an artillery strike; it was all from the air. However, there are many things I couldn't have done before I took this course."

While working with laser targeting systems, translating "Armyspeak" into something Air Force pilots can better use to hit their targets, Moss said the training gave the paratroopers an opportunity to update their tactics and techniques for calling in close air support.

"Other things such as target elevation, while not incredibly important in calling artillery, is a 'make or break' factor when calling in close air support," he said. "We also can tell the pilots we're JFO qualified, which lets them know that we know what we're doing on the ground."

Moss said JFOs are a valuable asset to today's missions. U.S. Army Europe Command Sgt. Maj. Ralph Beam agreed.

"JFOs in the Army are important because ... we integrate our air and surface assets," Beam said during a visit to the training site Feb. 11.

"We have enormous capabilities here, and as the rest of the Army has found out, they can use it, too," Beam added. "This shows that as far as training is concerned, the difference between (the continental U.S. and overseas duty stations) doesn't matter any more."

## PREVENTION

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followed by a more deliberate chain-teaching program that focuses on suicide prevention and allows leaders to communicate with all Soldiers.

"This is the new normal for us as a military community," said Debra Weeks, U.S. Army Garrison Heidelberg health promotion coordinator. "We are a nation at war, and it's important for us to be able to understand what our Soldiers are going through and recognize the signs when something is happening to them or their families."

Weeks said the resources are available to assist the community, and the chain-teaching program will help get the word out about those resources.

As part of the program, IMCOM-Europe units will conduct a "Stand Down" between now and March 15. Accordingly, every Soldier and DA civilian will participate in an initial training block led by commanders and/or leaders down to the directorate or branch level. Heidelberg's suicide prevention training will be held at the Patrick Henry Village Theater 1-4 p.m. March 11, and 9 a.m.-noon and 2-5 p.m. March 13.

Stand Down conductors will use the "Beyond the Front" Facilitators' Guide and interactive video to enhance Soldiers' ability to recognize risk factors, warning signs and how to intervene in order to prevent suicidal behavior.

"We can significantly reduce the number of suicidal ideations by iden-

tifying warning signs, confronting the individual with the clues you've observed, calmly and compassionately listening to them, and referring them to a chaplain or mental health professional," said Chaplain (Col.) Doug Kinder, IMCOM-E chaplain. "Suicide is a permanent solution to a temporary problem. Friends, colleagues and family can save a life by knowing how to identify, manage, counsel and refer someone at risk."

The second phase of the program runs from March 15 to July 15, with units holding a chain-teaching session – which also highlights risk factors and warning signs – for Soldiers, DA civilians and family members. Sessions will be held at all IMCOM-Europe organizational levels. During this portion of the program, commanders will use the "Shoulder to Shoulder, No Soldier Stands Alone" facilitator guide and video.

The sustained third phase – which runs concurrently with the first two phases and will continue indefinitely – establishes annual training requirements, and institutionalizes IMCOM suicide prevention training.

"It is imperative that all IMCOM Soldiers, DA civilians and family members understand the individual suicide risk factors and warning signs, and take action to intervene on behalf of fellow Soldiers and others," said Lt. Gen. Robert Wilson, IMCOM commander, in a message detailing the program, in which he stressed that IMCOM "is committed to protecting the entire force."

**NEVER  
ACCEPT  
DEFEAT**

USACHPPM  
**Getting Help is a Sign of Strength**  
**Suicide Can be Prevented. Get Help.**  
Talk to your Chaplain or a Behavioral Health Professional or Call Military OneSource 1-800-342-9647  
www.militaryonesource.com

The Web site for the Army's Center for Health Promotion and Preventive Medicine offers a wide variety of suicide prevention training and education resources. For information, go to [chppm-www.apgea.army.mil](http://chppm-www.apgea.army.mil), click on "S" in the index, and follow the suicide prevention link.

## COVINGTON

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eighth on the fifth season of the Fox Network's talent competition series "American Idol."

For 75 minutes, Covington performed songs from his 2007 debut album, including the three singles that hit the top 10 on the Hot Country Songs chart.

"We will definitely play all of those (top 10 singles) and then a couple of more off of the first album," said Covington, a native of Rockingham, N.C. — the heart of NASCAR (National Association for Stock Car Racing) country.

One of those top 10 songs — "A Different World" is a fan favorite of Air Force Master Sgt. David and Amanda Whitt, from Ramstein Air Base, who arrived more than an hour early for the concert.

"(A Different World) reminds you of your childhood," said Amanda Whitt, who admits to being an "American Idol" buff and a big fan of Covington. She made sure to bring her camera in case she was able to take a picture with him.

Explaining further, David Whitt said the song "is about growing up in the olden days when we didn't have the stuff they have now. Like, children weren't sitting around playing video games; they were outside playing with their friends in the park. That's mainly what it's about."

Fans like the Whitts got an extra treat as Covington and his band, which includes his twin brother Rocky, played a few songs from his not-yet released sophomore album.

"I'm in the middle of putting together a second album right now in the studio," said Covington, who added that he took a little break from it to do this tour.

Laced in between songs from his first and second albums were several covers.

"I like to go as far into left field as possible with my cover songs," said Covington, who was singing coun-



Christine June

American country music singer Bucky Covington performs a cover of Pink Floyd's "Another Brick in the Wall" during the United Service Organizations/Armed Forces Entertainment concert Friday at the Kazabra Club on Vogelweh in Kaiserslautern. Covington also covered songs from Willie Nelson, Elvis Presley and Black Crowes during the concert, which was his third one during his first USO tour.

try and southern rock every weekend while working in the family's body shop during the week for about 10 years before trying out for "American Idol."

He wasn't kidding. The cover songs ran from artists like Pink Floyd to Elvis Presley. He also performed a duet with Rocky on Willie Nelson's "Seven Spanish Angels."

A real treat for fans was when his down-home charisma — that endeared fans when he was on the hit show — came shining out in the midst of the music.

Like when he asked the crowd to, "Raise your hands and make some noise if you've seen or heard about 'American Idol.'"

Every hand was up, and the noise was deafening until Covington broke in with "Well, I have a secret..."

Someone yelled out, "Simon (Cowell — an American Idol judge) didn't like you."

"That's no secret," said Covington, laughing before continuing, "No, I was going to tell you that I've seen the

show, too ... especially, one season." He waited a moment, winked at the audience and said, "That was a really good season," referring to the season when he was one of the top 12. The crowd agreed with another deafening cheer.

Covington also said to the crowd, several times and in different ways, "Thank you for what you do every day of your life. Your country is proud of you."

After the show, Amanda Whitt, as well as many other fans, got her chance to have her photo taken with Covington during a meet and greet, which lasted almost as long as the concert.

Here, Covington not only had his picture taken with fans, but he also autographed a few copies of his debut album, a belt buckle, a guitar, a homemade sign, a jacket, a couple of shirts, and more than 50 USO-provided photographs. He even signed a lucky fan's back.

Before the show, Covington visited the USO Warrior Center and the Warrior Transition Unit on Landstuhl

Regional Medical Center. "It was awesome," he said of the visit.

Kaiserslautern was the third stop for Covington on his weeklong USO/Armed Forces Entertainment tour, which was hosted here by the U.S. Army Garrison Kaiserslautern's Family Morale, Welfare and Recreation directorate. Previously, he performed shows at Camp Bondsteel, Kosovo, and Shinnen, The Netherlands, and after Kaiserslautern, he was in Schweinfurt Saturday and Stuttgart Monday.

Covington said before he even hit Kaiserslautern, he had already signed about 500 autographs.

"The USO brings the tours out to give military members and their families a little touch of home — to let them know we are thinking about them; we appreciate their sacrifices and what they are doing for us," said Dana DePaul, USO entertainment tour producer. "So, any way that we can bring them a little touch of home, we try to do that every chance we get."

For a list of USO tours visit [www.uso.org/whatwedo/entertainment](http://www.uso.org/whatwedo/entertainment).

## AFGHANISTAN

continued from page 1

The 39th, which is the primary movement control element for the European theater north of the Alps, dedicated itself to this high-profile mission.

The battalion's Movement Control Team unloaded the portable housing units, which arrived by commercial truck carrier from the Defense Distribution Depot Europe in Milan, Italy, and reconfigured the loads to allow them to be airlifted to Afghanistan by C-5 Galaxy cargo planes, said Capt. Erin Brunson, the MCT's air mobility sustain-

ment officer at Ramstein.

"We refer to the MCT as the purple ramp because all of our operations are joint ventures between the Army, Air Force and civilian agencies. In this case, it was our responsibility to coordinate with the Air Force and other (Department of Defense) agencies to ensure each pallet train was properly loaded and documented," Brunson said.

"The (portable housing units) arrived in stacks of eight and had to be broken down into stacks of four before we could reload and secure them to a T3 pallet train of three

463L Air Force pallets."

The high-impact operation, which required a total of 18 cargo flights, was completed Feb. 18 and served as a morale builder for the 39th Transportation Battalion.

"The Soldiers ... are proud to expedite these critical housing units, which will enhance their fellow service members' lives in the tough conditions of Afghanistan," said Lt. Col. Robert Curran, commander of the 39th. "Morale and high energy come naturally for the 39th Transportation Battalion Soldiers as they realize how important the mission is and

how badly their brothers and sisters in arms need upgraded housing to facilitate the mission.

"The Soldiers and civilians assigned to the MCT worked tirelessly in order to synchronize the arrival of cargo with the departure of flights. We are honored to participate in this mission because we know these 600 portable housing units will have a direct effect on the well-being of our fellow troops in Afghanistan," Brunson added.

According to a DoD news release dated Feb. 17, Afghanistan will initially see an in-

crease of about 12,000 troops with an additional 5,000 troops scheduled to deploy later.

Approximately 8,000 Marines with the 2nd Marine Expeditionary Brigade, Camp Lejeune, N.C., are expected to deploy to Afghanistan in late spring and about 4,000 Soldiers with the 5th Stryker Brigade, 2nd Infantry Division, Fort Lewis, Wash., will deploy mid-summer 2009.

Approximately 5,000 additional troops to support these combat forces will receive deployment orders at a later date.



## Hit the slopes in Baden-Württemberg

### USAG Stuttgart Public Affairs

Skiers can find more than 300 ski lifts and 90 kilometers of slopes in Baden-Württemberg.

The Feldberg ski area in the Black Forest alone offers 28 lifts on 50 kilometers of ski and snowboard slopes. It is the largest ski area in southern Germany.

A snowboard fun park at the bottom of the Seebuck mountain offers two tables with two kicks during the peak snow season, as well as a selection of rails, jumps and jibs.

The slopes in Baden-Württemberg vary in length and difficulty, affording all skiers just the right run. Most slopes at the Feldberg are rated at World Cup level.

The Fahler ski slopes are the highest in the Black Forest and play host to the FIS (Federation Internationale de Ski) as well as World Cup championship races. With an average of 100 operational days, the Feldberg area is a sure bet if it's snow you're after.

#### Belchen

Located between the Belchen (1,414 meters above sea level) and the Feldberg (1,493 meters above sea level) in the German Mittelgebirge (middle mountains) you'll find almost 30 kilometers of groomed slopes and 10 ski lifts.

The Belchenlift (a cable car) reaches up to almost 1,400 meters. The Hornlift in Fröhnd is

one of the longest lifts in the Black Forest. A 360 degree panoramic view greets visitors at the top of the Belchen.

#### Schwarzwald-Hochstrasse

The center of alpine sports in the northern part of the Black Forest is located along the Schwarzwald-Hochstrasse or Black Forest High Road.

Visitors will find 20 ski lifts at 600-1,100 meters above sea level. Most are equipped with floodlights since the slopes are open until 10 p.m.

Three of the most popular slopes are Ruhestein with two lifts and Grenzstüble and Unterstmatt with three lifts, a baby lift and floodlights. Rental equipment (downhill skis, sleds, cross-country skis and snowboards) is available at most of the ski lift stations.

#### Triberg-Schonach-Schönwald- Furtwangen-St. Georgen

Skiers will find nine ski lifts within a 15 kilometers area that offers 750 meters of varied slopes. A point card allows you to use all ski lifts. Night skiing is also available.

#### Feldberg

The Feldberg is the highest peak in the German Mittelgebirge (middle mountains) at 1,493 meters.

With 28 ski lifts and 50 kilometers of groomed slopes the ski resorts in the Feldberg area offer an array of winter sports. Visitors will find slopes rated from beginner level to World Cup ranking.

Also located near Feldberg are the resorts of Seebuck, Grafenmatt and Fahl Alpin, offering 25 kilometers of slopes with 12 lifts, all accessible with one mutual ski pass.

In Altglashütten, Falkau and Neuglashütten, family-friendly lifts service 3.9 kilometers of groomed slopes.

Feldberg, as well as Menzenschwand, Todtnau (with an alpine station and 13 kilometers of slopes) and Muggenbrunn to the west of the Feldberg, have joined together to offer a combined ski lift ticket.

Seebuck runs a seated ski lift for snowboarders and, depending on snow conditions, two kickers and three rails.

The snowboard school "Schneebrett" provides lessons.

A shuttle bus brings skiers and boarders from the Bahnhof Titisee and Bahnhof Bärental to the highest peak in the Black Forest. The shuttle runs daily every 30 minutes, 9 a.m.-5 p.m., between December and April. The shuttles run every hour from the Bahnhof Todtnau.

#### Albstadt

Skiers will find lifts in the suburbs of Ebingen, Lautlingen, Onstemettingen, Truchelfingen and Pfeffingen.

In Tailfingen, the "Skilift am Schlossberg" was the first FIS racing course in the Swabian Alps. Snowboarders will also find a snow fun park.

## Traveling to France? Take your passport

As of Feb. 13, the entry requirements for France have changed for both leisure and official travel. For leisure travel, active-duty service members were once allowed to travel to France on leave orders and ID card. Tourist passports are now required for all active-duty members, civilian employees and family members. For further information/guidance on any travel, please contact your security office or the U.S. Army Garrison

Baden-Württemberg directorate of Plans, Training, Mobilization and Security at DSN 373-9804. In addition, French police have recently begun issuing €500 fines on U.S. personnel caught driving in France without an EU or international drivers license. Often they impound the offending vehicle until the fine is paid. For more information, contact the U.S. Consulate, civ. 069-7535-0.

## GERMAN COOKING

### Sauerkraut Jalapeño Poppers & Bavarian Mustard Dip

Serves: 12

#### Ingredients:

- 1/2 cup all purpose flour
- 3/4 cup German Pilsner beer
- 12 large jalapeños, about 3 to 4 inches long
- 1 1/2 cups Bavarian-style sauerkraut with wine
- 8 ounces (2 cups) coarsely shredded German Tilsiter or German Emmentaler cheese
- 1 quart vegetable oil, for deep-frying
- 1/2 cup cornstarch
- 1/2 teaspoon salt
- Bavarian Mustard Dip (recipe below)

#### Preparation:

- Combine flour and German lager beer in a medium bowl and whisk until smooth.
- Let stand at room temperature while preparing jalapeños.
- Bring a large pot of water to a boil.
- Cut a lengthwise slit down one side of each jalapeño, starting just below stem.
- Place jalapeños in the water, and return to a boil.
- Reduce heat and simmer eight minutes or until jalapeños are just tender and not too soft. (Do not overcook. If chilies are too soft, they will be difficult to stuff without tearing.)
- Drain and refresh under cold running water.
- Wearing rubber gloves, carefully scrape out the seeds and membrane inside jalapeños using a small spoon or a melon baller. For hotter poppers, leave in some of the seeds.
- Drain sauerkraut and squeeze out excess liquid. Place sauerkraut on several thicknesses of paper towels, top with additional paper towels and press to squeeze out liquid.
- Combine sauerkraut and Tilsiter or Emmentaler in a small bowl and stir to mix well.
- Carefully fill each jalapeño cavity with about three tablespoons of the sauerkraut mixture. (The edges of the peppers do not have to seal.)
- Heat the oil for deep-frying in a large heavy deep-sided skillet or pot to 375 degrees F.
- Place the cornstarch in a shallow dish and, working with a few jalapeños at a time, dredge in cornstarch. Dip each jalapeño in beer mixture to coat completely.
- Fry jalapeños in batches, about three minutes, or until lightly browned. Transfer to a paper towel-lined plate to drain.
- Sprinkle peppers with the salt. Serve with mustard dip.

#### Bavarian Mustard Dip

##### Ingredients:

- 3/4 cup sour cream
- 3 tablespoons Bavarian mustard

##### Preparation:

- Combine sour cream and mustard in a small bowl and stir to mix well.

SOURCE: www.germanfoods.org

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



DEAR MS. Vicki

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com).

#### Response to Feb. 5 column:

Dear Ms. Vicki,

I think the advice you gave to "son's unbecoming behavior," was ill-served. While, as you said, your intent was not to pathologize the child's behavior, I am almost sure that you missed the true pathology of said child's behavior.

The writer said her son's behavior was very scary to her. He lies and steals and denies that he did it. The giveaway, though, was when the writer said that her older children didn't want him in their rooms anymore.

Anyway, I think you missed something here. You should tell the writer to get her son to a specialist who works with unattached/unbonded children, because the symptoms she described approach the specifics for a child suffering from APD (antisocial personality disorder).

She did not say if the spankings work or not; I would bet long odds that they do not. Children with that specific disorder, when spanked, just get smarter, and better able to learn how to avoid the spanking!

In my own professional opinion, the writer's son is in danger of escalating his behaviors to the point of literal uncontrollability.

The real giveaway for me was when the writer said that the older kids didn't want him in their rooms anymore.

I would bet my own professional reputation that this child has threatened one or more of the other children in the family behind the parents' backs, and that the other children are scared to tell their parents.

You should ask her if he has exhibited any other symptoms, such as "pattern process lying," cruelty to small animals, graphic and explicit artwork depicting blood, gore, violence, demonology, etc., or even setting fires – and if he has, it is critical that he be seen by a therapist who specializes in bonding and attachment disorders ASAP.

In my 36 years of working with

children, and based upon what I read, the child is in serious need of major professional therapy, and the family is at risk from his behaviors as well.

I urge you to contact the writer, and at least have the child looked at professionally. Ask her if there was ever a time in the child's life when he spent an extended period of time away from his parents, or if he was, by chance, adopted. The letter was not only a cry for help, but it raised a serious danger flag, at least in my mind. Thank you for your attention to this matter.

#### Dear Ms. Vicki,

I am writing to you because I am having problems with my husband and his command. We are separated, and my husband is not supporting me and my children. I thought the Army is supposed to put family first.

In my case, I am passed over time and time again. I have sought help from Army Community Service, Army Emergency Relief, and the Inspector General's office, and time and time again – nothing. I am told that I need to go through the command. Well, I have jumped through all their hoops (the command) and left thousands of messages (they didn't pick up the phone anymore), and I am left with nothing.

Everyone tells me I am supposed to be receiving my husbands BAH, but I have to date received nothing. Every door I try just disappoints me, and I am frustrated. How is this possible? How come I can't get help?

Please don't give me advice on where to go and who to talk to. I have knocked on all the doors my husband's chain of command. I am now left with getting services from other resources.

What a shame that this has happened. I am hoping that you print this to show others, and I know there are others, that they are not alone, and not to give up.

Sincerely, Left Abandoned

#### Dear Ms. Vicki,

I am so jealous of my husband's ex-girlfriend and high school sweetheart. When we are all together, he totally forgets that I am in the room and gives her all of his attention. Every day I am accusing him of loving her more than me and wanting to be with her to rekindle what they had in the past.

He now says I am jealous and controlling. I just simply asked him why was she at his promotion without my permission. He said his mother invited her, and he reminded me that it's his promotion and he can have whoever he wanted to attend that he wished.

I did not see her at our wedding, but I was told she was there. We had a beautiful military wedding at West Point, and it devastates me that she

was in attendance when I did not send her an invitation.

I became so angry about all of this last week that I burned my husband's Class A uniform. I knew he needed it for an upcoming ceremony, and yes he was angry when he went to put it on and discovered it had been destroyed by me.

Now he is threatening to leave me. I know he only wants to leave me to be with her. It's just a matter of time before he does.

From: Time Is Not On My Side  
Dear Time,

First of all let me say "Houston We've Got a Problem." Some of your fears seem to be irrational, but on the other hand I understand why you are feeling like you do.

You also have some behaviors that are controlling and very passive aggressive. Furthermore, your behavior is becoming dangerous.

Don't you know you could have burned down your home when you set your husband's uniform on fire? You could have injured yourself and others in the process. You must stop this behavior and start acting more maturely.

You are acting like a high school girl who didn't win homecoming queen. You both must agree to let go of the past, past hurts and feelings of jealousy. Otherwise your marriage doesn't stand a snow ball's chance in hell of surviving.

I don't know why you are trying to socialize and be friendly with his ex. Are you doing this so you can watch him with her? This makes no sense. Stop pretending like you want to be friends with this woman, you shouldn't.

Something quick you and your husband could do is make a list of changes both of you could do to improve your relationship. Do this without blaming each other.

I would ask that you explore any instances of hurt and abandonment in your history that contribute to your current feelings of jealousy. Just the same, your husband has to accept some responsibility for your dissatisfaction of his behavior.

In your defense, your husband's behavior towards his ex-girlfriend is inappropriate, and he has to let go of any old feelings of loyalty he has toward her.

Lastly, you and your husband must come to an agreement about emotional intimacy with others and how violating it is considered a matter of trust. Bottom line, you can't be with someone you don't trust.

It's only a matter of time before your marriage is over. You don't trust him and in your heart you believe he is already cheating, right? Stay in touch with me and let me know how everything is going.



**Fired Up**

This week's movie wasn't too shabby. I started off thinking to myself that this would be another typical "guy" film, and in some cases it lives up to the genre. But it turned out to be a love story in some form as well.

I won't lie, "Fired Up" had its ups and downs but all in all, it wasn't too bad.

The movie follows two friends, Shawn (Nicholas D'Agosto - he's been on too many TV shows to name) and Nick (Eric Christian Olsen - "Pearl Harbor" and "Not Another Teen Movie," to name a few), football players who just want to "score."

These guys have got their heads in the clouds, to say the least, and get in trouble all the time. From what we see, it's pretty much always over girls (don't we all?).

So these football players find out about a cheerleader camp that will have more than 300 girls, and decide they want to ditch their training camp to be there. Of course that's when some of the funniest stuff happens but also where I got the most confused.

I thought it was supposed to be a guy comedy; well, it turns out to be a love story, too - in a shallow kind of way.

The movie, like I said, wasn't bad and drags at some points, but all in all it's pretty funny when it's on a roll.

Keep in mind, fellow moviegoers, that this movie really is a guy flick, but it tries to include the ladies.

Our more mature crowd probably won't dig this one too much, but give it a shot - you might be surprised. The kiddos might not be too into it, so you might want to leave them at home. Enjoy.

**GET OUT!**  
area events

**February 26**

**The Ten Tenors** - The Ten Tenors (also known as TTT) are an Australian musical ensemble, with a strong live touring profile in Europe and the United States and a burgeoning recording career. Their current tour, Nostaligica, features a mix of opera arias and pop classics. They will appear at the Rosengarten in Mannheim at 8 p.m. Tickets are available at local outlets or from BB Promotions at [www.bb-promotion.com](http://www.bb-promotion.com).

**February 27**

**Mardi Gras Bazaar** - Get ready to shop til you drop as various international vendors sell antiques, rugs, paintings, crystals, ceramics, wines and more. 11 a.m.-7 p.m., Feb. 27-28 and 11 a.m.-5 p.m. March 1. Benjamin Franklin Village Sports Arena, Mannheim. DSN 385-3171, civ. 0621-730-3171.

**February 28**

**King of the Forest** - As every year, the Fahli ski stadium in Feldberg in the Black Forest becomes a meeting point for the regional and national snow boarder and ski cross elite through March 1. A unique mixture of professional sport, party and fun. Everybody who can control his apparatus and who can master the steep finish slope (ski jump run-out zone) is allowed to participate. The best snow boarders with a licence certainly gain points for the national and international snowboard ranking list. Entry for spectators is free of charge. [www.kingoftheforest.de](http://www.kingoftheforest.de).

**March 1**

**Volksmarch in Rothenburg ob der Tauber** - The annual Rothenburg ob der

Tauber walk is the volksmarchers' dream walk. This is the best-known walked city in Germany. There are 6, 11 and 20-kilometer courses outside the city with several towers and gates. Two of the most famous are the Plönlein and Siebersturm. Also, a must visit is to the favorites St. Jacob's church. Departs Mannheim Outdoor Recreation, Bldg. 357 at 6:30 a.m. Cost is \$15. Volksmarching fees not included. DSN 381-7215, civ. 0621-730-7232.

**March 3**

**Discover Worms** - Explore the beautiful city of Worms via the Strassenbahn and train. You will visit the striking 7th century cathedral, historic Tower Bridge, and other magnificent sights. On this tour, you will learn what made Worms a key city during the Reformation and hear some of the legends that make this ancient town such a special place. DSN 385-2082, civ. 0621-730-2082, [www.usa.org/rhein-neckar](http://www.usa.org/rhein-neckar).

**March 5**

**Grease** - The musical "Grease" will be presented March 5, 6, 7, 12 and 13 at 7:30 p.m. and March 8 at 3 p.m. in the Heidelberg High School auditorium. This classic American musical about high school life at the end of the 1950s stars Kyle Ulises as Danny and Haley Wewers as Sandy. Featuring a full cast of talented high school performers, the show features such hits as "Greased Lightning," "Beauty School Dropout" and "You're the One That I Want." Reservations are recommended: [jon.hodge@eu.dodea.edu](mailto:jon.hodge@eu.dodea.edu), civ. 0172-622-6127.

**Discover Speyer** - A city with more than 2000 years of history, including Celtic, Roman and medieval settlements. We will visit the majestic Romanesque Cathedral,

the largest and most important church built in the 11th century. We will also explore the remains of the 900-year-old synagogue and the baths in the Jewish quarter. Afterwards stroll down Maximilian Street and break for lunch at one of the many restaurants and cafes. DSN 385-2082, civ. 0621-730-2082, [www.usa.org/rhein-neckar](http://www.usa.org/rhein-neckar).

**March 7**

**Mannheimer Comic-Tauschtag** - Mannheim Comics Show 9 a.m.-3 p.m. The entrance is free. This event takes place twice yearly for more than 30 years at the same location at Großer Saal der Jakobus-Pfarrrei in Mannheim-Sandhofen, Domstiftstr. 40. There will be more than 100 dealer tables with U.S. Comics and trading cards.

**Ludwigsburg Schloss Festival** - The international Baden-Württemberg festival in the forum in the palace gardens, palace and Schloss Monrepos through March 15. Concerts, musical theater, drama, dance, performance. Civ. 07141-93-9636, [www.schlossfestspiele.de](http://www.schlossfestspiele.de).

**Paris Express** - Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. DSN 385-2082, civ. 0621-730-2082, [www.usa.org/rhein-neckar](http://www.usa.org/rhein-neckar).

**March 12**

**Retro Classics 2009** - International exchange for vintage cars, motorcycles, spare parts and restoration through March 15 at the New Trade Fair Centre Stuttgart (Airport). Civ. 0711-18-5600, [www.messe-stuttgart.de/retro](http://www.messe-stuttgart.de/retro).

coming to  
**THEATERS**

**FRIDAY THE 13TH**

(Amanda Righetti, Jared Padalecki) Searching for his missing sister, Clay heads up to the eerie woods of legendary Crystal Lake where he stumbles on the creaky remains of rotting old cabins that lie in wait behind moss-covered trees. Against the advice of police and cautions from the locals, Clay pursues what few leads he has with the help of a young woman he meets among a group of college kids up for an all-thrills weekend. Little do they know, they've entered the domain of one of the most terrifying specters in American film history - Jason. Rated R (graphic bloody violence, sexual content, drug references, language) 91 minutes



**YES MAN**

(Jim Carrey, Zooey Deschanel) A man signs up for a self-help program based on one simple principle: say yes to everything ... and anything. At first, unleashing the power of "yes" transforms his life in amazing and unexpected ways, but he soon discovers that opening up his life to endless possibilities can have its drawbacks. Rated PG-13 (crude sexual humor, language, brief nudity) 104 minutes

**PLAYING THIS WEEK**

**Heidelberg, Patrick Henry Village**

Feb. 26 - CADILLAC RECORDS (R) 7 p.m.  
Feb. 27 - FIRED UP (PG-13) 6:30 p.m.; SEVEN POUNDS (PG-13) 9:30 p.m.  
Feb. 28 - BEDTIME STORIES (PG) 2 p.m.; YES MAN (PG-13) 5 p.m.; SEVEN POUNDS (PG-13) 9:30 p.m.  
March 1 - BEDTIME STORIES (PG) 2 p.m.; FIRED UP (PG-13) 5 p.m.  
March 2 - SEVEN POUNDS (PG-13) 7 p.m.  
March 3 - BEDTIME STORIES (PG) 7 p.m.  
March 4 - FIRED UP (PG-13) 7 p.m.  
March 5 - YES MAN (PG-13) 7 p.m.

**Mannheim, Schuh**

Feb. 26 - DELGO (PG) 7 p.m.  
Feb. 27 - FRIDAY THE 13TH (R) 7 p.m.  
Feb. 28 - BEDTIME STORIES (PG) 2 p.m.; YES MAN (PG-13) 4:30 p.m.; SEVEN POUNDS (PG-13) 7 p.m.  
March 1 - BEDTIME STORIES (PG) 2 p.m.; SEVEN POUNDS (PG-13) 4:30 p.m.  
March 2 - FRIDAY THE 13TH (R) 7 p.m.  
March 3 - YES MAN (PG-13) 7 p.m.  
March 4 - FRIDAY THE 13TH (R) 7 p.m.  
March 5 - SEVEN POUNDS (PG-13) 7 p.m.

**Vogelweh, Galaxy**

Feb. 26 - THE TALE OF DESPEREAUX (G) 7 p.m.  
Feb. 27 - YES MAN (PG-13) 3:30 p.m.; FIRED UP (PG-13) 7 p.m., 10:30 p.m.  
Feb. 28 - BEDTIME STORIES (PG) 11 a.m., 3 p.m.; FIRED UP (PG-13) 7 p.m., 10:30 p.m.  
March 1 - FIRED UP (PG-13) 11 a.m., 3:30 p.m.; SEVEN POUNDS (PG-13) 7 p.m.  
March 2 - YES MAN (PG-13) 7 p.m.  
March 3 - SEVEN POUNDS (PG-13) 7 p.m.  
March 4 - BEDTIME STORIES (PG) 7 p.m.  
March 5 - FIRED UP (PG-13) 7 p.m.

**Ramstein, Hercules**

Feb. 27 - SEVEN POUNDS (PG-13) 7 p.m.  
Feb. 28 - YES MAN (PG-13) 7 p.m.  
March 1 - BEDTIME STORIES (PG) 7 p.m.

**Ramstein, Nightingale**

Feb. 26 - CADILLAC RECORDS (R) 7 p.m.  
Feb. 27 - BEDTIME STORIES (PG) 3:30 p.m.; FRIDAY THE 13TH (R) 7 p.m., 10:30 p.m.  
Feb. 28 - YES MAN (PG-13) 3 p.m.; FRIDAY THE 13TH (R) 7 p.m., 10:30 p.m.  
March 1 - FRIDAY THE 13TH (R) 3 p.m., 7 p.m.  
March 2 - SEVEN POUNDS (PG-13) 7 p.m.  
March 3 - BEDTIME STORIES (PG) 7 p.m.  
March 4 - YES MAN (PG-13) 7 p.m.  
March 5 - FRIDAY THE 13TH (R) 7 p.m.

**THEATER INFORMATION**

Patrick Henry Village, Heidelberg, 06221-27-238  
Schuh Theater, Mannheim, 0621-730-1790  
Galaxy Theater, Vogelweh, 0631-50017  
Hercules, Ramstein, 06371-47-5550  
Nightingale, Ramstein, 06371-47-6147

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

## Lady Lions claim championship title, Heidelberg boys fall to Ramstein

### Staff Report

Heidelberg High School's Lady Lions claimed their first basketball championship in more than 10 years by besting Patch High School 50-38 Friday in the Division I title game of the Department of Defense Dependents Schools-Europe Basketball Championship in Mannheim.

The teams battled back and forth through much of the first half, as sixth-seed Heidelberg fell early to number five Patch after the Panthers scored two baskets quickly. However, Heidelberg was up by one at the end of the first quarter, and midway through the second quarter broke a 17-17 tie, then headed into the second half with a 25-22 lead.

Opening the second half, Fallon Puppulo drained a three-pointer to spark a nine-point run for the Lady Lions. Going into the final period, Heidelberg was up by 16.

The Lady Lions' outstanding third period was enough to sustain through a Patch comeback attempt in the final period, as Heidelberg won its first girl's basketball title since 1996.

Leading scorer for the Lady Lions was senior Ashley Hicks, who finished with 13 points and 17 rebounds and was named the tournament Most Valuable Player. Puppulo added nine, while Courtney Milton, Debbie Roberts, Rebecca Rohren and Rebecca Luna all chipped in six points apiece and Tessa Miller added four.

Also named all-tournament were Luna and Puppulo from Heidelberg; Kiara Sanchez-Herrera and Latanya Wilson from Kaiserslautern; Adrianna Archie and Janelle Loney, Patch; and Lataiya Harrison, Ramstein.

On the boys' side, Ramstein took down the Heidelberg Lions in the boys' Division I championship game Friday, 53-47.

The Royals started the game with an 11-0 run and basically never let up, leading by 43-29 by the end of the third quarter.

With 1:15 left in the game, the Lions had clawed their way back to within four, 47-43. Ramstein held on by way of free throws en route to the final margin of victory.

The Royals won their first title since 1997 and denied Heidelberg its eighth crown in nine years. Heidelberg has won the championship the past two years against Ramstein with three and four-point victories.

Scoring for Heidelberg were Chris Frazier, 12; Malcolm Griffin, 10; Chris Cuthbert, 9; J.C. Sharer, 5; Eugene Jones, 4; Justin Walker, 3; Myles McDavid, 2; and Alex Savusa, 2.

Named all-tournament from Heidelberg were Cuthbert, Frazier and Sharer. Ramstein's Dillon Wadsack was named tournament MVP, along with all-tournament



Photos by Jason L. Austin

Fallon Puppulo, from Heidelberg High School's Lady Lions looks to make a pass during a game against Kaiserslautern High School Feb. 19. Heidelberg beat Kaiserslautern 45-42 in overtime and then went on to win the championship against Patch Friday, 50-38.



Krystal Elliot, with Mannheim's Lady Bison, makes a pass during Friday's game against Aviano during the Europe Basketball Championships. Aviano beat Mannheim, 43-37.

honors to Evan Canfield and Brent Schuck.

Edrick Scarves from Kaiserslautern and Eric Jones from Patch also were named all-tournament.

## Little League officials clinic coming to Schwetzingen

### IMCOM-Europe FMWR

Umpires Jack Conway of Florham Park, N.J., and Russ Ruslender of Danville, Calif., will return to present this year's Little League Baseball and Softball Officials Clinic at the Schwetzingen Center for Workforce Development March 4-6.

Both officials have worked the Little League World Series at Williamsport, Pa. Russ Ruslender has more than 30 years experience as a manager, coach and umpire in all levels of Little League baseball – Ruslender officiated the Little League World Series in 1999.

Since 1975, Conway has umpired baseball and softball from Little League to semi-pro. He is the current present of the American Legion Baseball, Babe Ruth Baseball and

Florham Park LL umpires. He too has officiated the Little League World Series.

The annual clinic teaches you to become an official, and if selected, to return and provide follow up clinics at your garrison. The target audience is members that want to be officials or clinic instructors at their installations for CYSS. During the training, clinic attendees will learn current rules, proper signaling, points of emphasis, rule changes, plate and field mechanics and procedures. The clinic will culminate with a written test and a practical examination.

To register for the clinic, visit <https://www.mwraonline.com>. For information on becoming a sport official, e-mail [tom.hlavacek@us.army.mil](mailto:tom.hlavacek@us.army.mil), or call DSN 379-7693, civ. 06202-80-7693.

### staying ACTIVE

#### Send the HP Your Sports Photos

Do you have photos from sporting events in your community – youth sports, high school sports, unit-level or community sports? Share them with the Herald Post for publication in the newspaper and online photo gallery. E-mail your photos, along with the details of the event and names of those pictured to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil) within one week of the event.

#### Wrestling Championships

The U.S. Forces Europe Men's and Women's Greco-Roman and Freestyle wrestling championships will be conducted at Kaiserslautern's Miesau Fitness Center March 7-8. This event is open to all military ID card holders. New registration procedures are in effect for this championship. A minimum of 20 participants must be registered by Feb. 27 or this event is subject to be cancelled or postponed. Register: DSN 493-2088 or e-mail [Thomas.D.Dennis@eur.army.mil](mailto:Thomas.D.Dennis@eur.army.mil). Military wrestlers may register and compete on site as long as the Feb. 27 minimum requirements are met. [www.mwgermany.com](http://www.mwgermany.com).

#### Heidelberg Unit-Level Basketball

Standings as of Feb. 22: V Corps, 15-0; 529th MPs, 8-7; MEDDAC, 7-8; NATO, 7-8; 43rd Signal, 6-9; 302nd MI, 2-13.

#### Youth Sports Registration

Spring season sports registration in Mannheim is happening through March 13 for baseball (ages 3-18), girls softball (ages 10-15) and soccer (ages 3-15). DSN 385-2750, civ. 0621-730-2750.

#### Volleyball League

Join the Heidelberg community volleyball league, which is open to all military units and recreational players. Register at 6 p.m. March 9 at Patton Fitness Center. All participants must be at least 18 years old, not in high school or equivalent, and authorized to use FMWR facilities. Register as a unit, team or individual. DSN 373-8032, civ. 06221-17-8032, [www.mwgermany.com](http://www.mwgermany.com).

#### Community Softball Tryouts

Join the Kaiserslautern community softball league. Men's tryouts will be held at KAD Sports Field on Daenner Kaserne, and women's try-outs will be held at Rhine Ordnance Barracks Gym, Bldg. 172 at 6:30 p.m. March 19 and 26 and at 1 p.m. March 21 and 28. Coaches are also needed. DSN 493-2087, civ. 0631-3406-2087, [usagklnsports@eur.army.mil](mailto:usagklnsports@eur.army.mil).

#### Youth Sports Coaches

**Kaiserslautern** – Youth Sports is seeking volunteer coaches for winter sports – basketball, cheerleading and wrestling. DSN 493-4112, civ. 0631-3406-4112.

**Heidelberg** – The Youth Sports and Fitness program is looking for instructors and coaches for the summer programs for archery, baseball, basketball, football, golf, soccer and tennis. DSN 388-9397, civ. 06221-338-9397, cell 0160-963-10380.

#### Horseback Riding Lessons

Kaiserslautern's SKIES Unlimited brings you an all new learning opportunity for children and teens ages 4-18. Lessons are offered in classic riding, dressage and vaulting. DSN 493-4516, civ. 0631-3406-4122.



# Cheerleading Championships

## Heidelberg brings home first place

By Kelli Bland  
HERALD POST EDITOR

Heidelberg High School's cheerleading squad claimed victory Saturday after facing tough competition in the Department of Defense Dependents Schools-Europe Cheerleading Championship in Mannheim.

Heidelberg took home the Division I title, followed by the Patch Panthers in second and the Ramstein Royals in third.

Mannheim's cheerleaders brought home third place in Division II, following the first-place Bitburg Barons and the second-place Ansbach Tigers.

The Heidelberg Lions also claimed the Division I Spirit Award and three all-tournament cheerleaders, including Jacqueline Montfleury, Nachele Allen and Tess Taylor. Other local members of the all-tournament team included Kaiserslautern's Jasmin Hunt, Ramstein's Niki Wachtel and Kaitlyn Haas, and Mannheim's Tre Simmons and Christopher Broecker.

"I am so proud of the efforts of each of the 10 cheerleaders who worked so hard for the win," said Leslie Atkins, coach of the Heidelberg Lions. "From day one, they each remained focused on the goal. These 10 cheerleaders are elite athletes. They trained together, spent free time together, and won together. I am honored to have been their coach."

Heidelberg was one of 27 teams that competed in four divisions, depending on the size of the school.

"The quality of cheerleading as a sport in DoDDS-E has been elevated each year due, in part, to this competition," said Hope Matthews, DoDDS-E student activities coordinator who was in charge of the event. "When teams see what their peers in other schools are doing, they want to get better and better, too."

The annual event has become so popular that there was not enough space for all the fans last year. About 1,200 fans were able to attend this year because of the change to an off-post venue.

"I want to thank our fans," Atkins said. "Cheerleading isn't always respected as a sport. But the support we received from our fans throughout the season added energy and confidence to our performance. To see the hundred plus fans that got up early on Saturday, waited for hours for our two and half minutes, cheering for us non-stop ... moved me and made me glad to be a Lion."

### Photos and Videos Online

[www.flickr.com/heraldpost](http://www.flickr.com/heraldpost)  
[www.youtube.com/BWnow](http://www.youtube.com/BWnow)



Photos by Kelli Bland



Top: The Heidelberg Lions nail a stunt in Mannheim Saturday to win the Division I DoDDS-Europe Cheerleading Championship. About 1,200 fans attended the event to watch the 27 teams from all over Europe compete.

Middle Left: Heidelberg fans make some noise to support their cheer team.

Middle Right: The Ramstein Royals claim third place in Division I.

Left: The Kaiserslautern Raiders perform in the Division I competition Saturday.

Right: The Mannheim Bison compete in Division II during the 2009 Cheerleading Championship. The team took home third place.

## community HIGHLIGHTS

### Shopping Center Gate Change

There has been a delay in construction at the Heidelberg Community Support Center access control points. On March 2, the Sixt Car Rental entrance will become the exit gate for one week while construction takes place on the normal exit. During this time, there will be no pedestrian traffic through the current exit gate, which is being upgraded. All pedestrians must enter the installation through the temporary exit at the Sixt Car Rental gate. On March 9, all construction will be complete and patrons will be able to use the normal entrance and exit gates.

### Passport Application Process

All passport applications must be filled out at [travel.state.gov](http://travel.state.gov) and printed out with a barcode on the top left corner of the front page of the actual application. The National Processing Center in the U.S. will not accept handwritten applications or those without the barcode. Bring the application and other necessary documents to the passport office. DSN 370-3921; civ. 06221-57-3921.

### AWAG Conference Registration

The 2009 American Women's Activities Group annual conference is May 3-7 at the Edelweiss Lodge and Resort in Garmisch. Registration is now open and must be made before March 15. Conference fee is \$525 per person. [awagonline.org](http://awagonline.org).

### Scholarships for Seniors

Applications for the Germany Alumni Chapter of Kappa Alpha Psi Fraternity scholarships for graduating DoDDS seniors are being accepted. Applications must be submitted online by the close of business March 31. <http://KAPSGermany.com>.

### TSP Web Site Phishing Scam

The Office of the Chief Human Capital Officer advises employees that some Thrift Savings Plan participants have received or will receive an e-mail purporting to be from the TSP. The e-mail states that if participants lost more than 30 percent of their TSP account value, they are eligible for a one-time U.S. Government bailout to recover their losses. The message directs participants to a "look-alike" TSP Web site that asks for account credentials. This e-mail is part of a "phishing" scam and is not an official e-mail from the TSP. Visit [onguardonline.gov/topics/phishing.aspx](http://onguardonline.gov/topics/phishing.aspx) information on avoiding e-mail scams.

## local EMPLOYMENT

### Tutors

Share your knowledge with the youth of Kaiserslautern. FMWR's SKIES Unlimited is seeking tutors for math, English, science, history and more. DSN 486-5412, civ. 06371-86-5412.

### ACAP Counselor

The Army Career and Alumni Program is currently seeking a part-time counselor with future interest in potential full-time employment in the Heidelberg/Mannheim area. Applicants must have a master's degree, be computer literate, and have a minimum of two years' training in job assistance, career or employment counseling, teaching, training, or a related field. Applicants cannot be considered ordinarily resident and must have logistical support. Submit a resume: [darla.huck@us.army.mil](mailto:darla.huck@us.army.mil), DSN 370-7545, civ. 06221-57-7545.

### KAISERSLAUTERN Education

• **ACS Classes and Events** – Resumix, 9:30 a.m. Feb. 26 and March 5 and 1 p.m. March 3; HUGS Playgroup at Kids' Zone, 10 a.m. Feb. 26 and March 5; Dress for Success, 1 p.m. Feb. 26; EPC Orientation, 1 p.m. Feb. 26; BRAG Meeting, 10:30 a.m. Feb. 28; Anger Management, 10 a.m. March 2 and 3 p.m. March 5; Community Information Forum at KCAC, Daenner Kaserne Bldg. 3109, 1 p.m. March 4; Foreign Spouse Orientation, 1 p.m. March 5; Stress Management, 4 p.m. March 5; Couples' Communication, 6 p.m. March 5. Reservations are required for most classes. DSN 493-4203, civ. 0631-3406-4203, [www.mwgermany.com/kl/acs](http://www.mwgermany.com/kl/acs).

• **Conversational German Classes** – Morning classes at Rhine Ordnance Barracks Education Center, levels 1-3, begin March 9. At Landstuhl Army Education Center, evening classes in levels one through three begin March 9. Classes last 10 weeks. Civ. 0631-72255.

• **GoArmyEd 101** – A GoArmyEd 101 briefing will be held 11:30 a.m.-1 p.m. Feb. 27 in Bldg. 3206 on Kleber Kaserne. Participants will learn the basics of GoArmyEd, registering for courses and degree plans that are offered. DSN 493-2588, civ. 0631-3406-2588.

• **Babysitters' Certification Class** – SKIES Unlimited is offering Babysitters' Certification 9 a.m.-5 p.m. Feb. 28. DSN 493-4516, civ. 0631-3406-4516.

• **Pre-Separation Briefing** – The Transition Center hosts a pre-separation briefing 8:30-11:30 a.m. March 3 in Bldg. 3245 on Kleber Kaserne. Soldiers are required to take this presentation at least 90 days prior to separating (not retiring) from the Army. DSN 483-7071, civ. 0631-411-7071.

• **Spouses Education Fair** – The education center on Rhine Ordnance Barracks is hosting a Spouse Education and Financial Aid Fair 9 a.m.-noon March 4 in Room 1, Bldg. 286 on Rhine Ordnance Barracks. DSN 493-2588, civ. 0631-3406-2588.

• **Tax Centers** – The 21st Theater Sustainment Command's tax centers at Kleber Kaserne and Landstuhl Regional Medical Center are open for customers. Both centers take walk-ins or appointments.

• **ASAP Survey** – The Army Substance Abuse Program and Employee Assistance Program are hosting a survey through Feb. 29. DSN 486-1710 or [heather.a.robinson1@us.army.mil](mailto:heather.a.robinson1@us.army.mil).

• **Pfennig Bazaar** – The German-American Women's Club Kaiserslautern Pfennig Bazaar will take place Feb. 27-March 1 at the Industry Hall, Gardenshow Area. [www.gawvc.com](http://www.gawvc.com).

• **American Legion Meeting** – American Legion Post GR01 will meet at 6:30 p.m. March 4 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or [wardtrans@yahoo.com](mailto:wardtrans@yahoo.com). Visit the Post GR01 Web site [ktownamericanlegion.org](http://ktownamericanlegion.org).

• **BOSS Meeting** – Better Opportunities for Single Service members will meet 1 p.m. March 5 in Bldg. 2929 on Pulaski Barracks. DSN 493-4344.

• **Spring Bazaar** – Shop more than 100 vendors from around the world, March 6-8 at the ROB Special Events Building. [www.mwgermany.com](http://www.mwgermany.com), DSN 493-4184, civ. 0631-3406-4184.

• **VFW Meeting** – The Veterans of Foreign Wars Post 10614 will meet at 6:30 p.m. March 10 at Bldg. 368 on Rhine Ordnance Barracks. DSN 486-7516 or [wardtrans@yahoo.com](mailto:wardtrans@yahoo.com). Visit the Post 10614 Web site at [ktownvfw.org](http://ktownvfw.org).

• **Volunteers Needed** – Army Community Service needs volunteers for the Special Olympics Spring Games May 6 at the German Police Academy in Enkenbach-Alsenborn. DSN 493-4062, civ. 0631-3406-4062.

### HEIDELBERG Education

• **ACS Classes and Events** – Community Orientation Briefing, noon-3 p.m. Feb. 23; Reintegration Briefing, 9 a.m. Feb. 24; VMIS Training, 10:30-11:30 a.m. Feb. 27; Checkbook Management, 1-4 p.m. Feb. 27; Super Saver Contest through March 1. English as a Second Language is offered throughout the week. DSN 370-6883, civ. 06221-57-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Red Cross Classes** – Babysitter Training, 9 a.m.-5 p.m. March 7; Pet First Aid, 7-9 p.m. March 9; CPR AED, 8 a.m.-5 p.m. March 28. DSN 370-8711, civ. 06221-57-8711.

• **FAST class** – Patton Education Center will conduct Functional Academic Skills Training 8 a.m.-noon March 17-April 6. DSN 373-6176.

• **BOSS Meetings** – If you are a single, unaccompanied or single-parent Soldier, BOSS wants you. Meetings are 4-5 p.m. every first and third Wednesday of the month, on Patton Barracks, Bldg. 104. [www.mwgermany.com](http://www.mwgermany.com).

• **Military History Circle** – The Military History Circle will meet at 7 p.m. Feb. 26 at the Rod and Gun Club. [sissanwe@isp.gds.net](mailto:sissanwe@isp.gds.net).

• **NAF Sale** – Head to the NAF warehouse near Speedy Lube on Patton Barracks 9 a.m.-1 p.m. Feb. 28 to find great deals.

• **Heidelberg International Wandering Club** – Join the HIWC at the following volkssmarches: Feb. 28 and March 1, Rothenburg and Muehlhausen; March 7-8, Queidersbach, Simmern and Reichstett. [www.hiwc.de](http://www.hiwc.de), [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

• **Sergeant Audie Murphy Club** – Monthly members meeting 11:45 a.m.-12:45 p.m. March 3 at the Heidelberg Health Center dining facility, Nachrichten Kaserne, Bldg 3617. Inducted and honorary members are invited. DSN 371-2034, civ. 0152-221-358-728.

• **Heidelberg International Ski Club** – The club is accepting council nominations for 2009-2010 ski season at the next social, 7 p.m. March 4, at the Hotel Zagreb in Schwetzingen. [www.heidelbergski.com](http://www.heidelbergski.com).

• **Thrift Shop Closed** – The Heidelberg Thrift Shop will be closed March 4 for the monthly HCSC Luncheon.

• **Year of the NCO Run** – Community run to celebrate the Year of the NCO, 6 a.m. March 6 at the Patrick Henry Village Pavilion. All community members are invited to participate to honor noncommissioned officers.

• **Arts and Cultural Center Exhibit** – Come see art pieces by Joseph Heeg at the Arts and Cultural Center Art Gallery beginning March 7. His depictions of Vietnam-era warships and planes gives his audience a reminder of the past and provokes a look toward the future. [www.mwgermany.com](http://www.mwgermany.com).

• **Employee Assistance Program** – The EAP is staffed by experienced counselors who are available to discuss problems in a confidential, helpful manner. The program is designed to help you effectively address and overcome problems such as alcohol and other drug abuse, work and family pressures, and job stress which can adversely affect your performance, reliability and personal health. DSN 370-1710, [derrick.copper@us.army.mil](mailto:derrick.copper@us.army.mil).

• **Protestant Women of the Chapel** – Meet at Ben Franklin Village Chapel 9-11:30 a.m. Thursday mornings and 6:30-8:30 p.m. Tuesdays. [Mannheimwoc@yahoo.com](mailto:Mannheimwoc@yahoo.com).

• **New SKIES Unlimited Classes** – Youth Technology, or Fischertechnik; Arts and Crafts for ages 3-18; Cooking and Baking for ages 3-18; individual or group voice lessons for ages 4-18. DSN 385-2353, civ. 0621-730-2353.

• **Sullivan Library** – Scrapbook Club, noon-3 p.m. March 8 and 22; Film Screening, 4-5:30 p.m. March 8 and 22; Brown Bag Book Club, noon-1 p.m. March 10. DSN 380-1740, civ. 0621-730-1740.

• **Youth Services** – Youth Sponsorship, 5-6 p.m. Feb. 27; Project Learn, 4-5 p.m. March 3 and 17; Keystone Club, 4-5 p.m. March 4; Club Tech, 5-6 p.m. March 4 and 18; Money Matters, 4-5 p.m. March 5; Image Makers, 4-5 p.m. March 5 and 19; Ultimate Journey, 4-5 p.m. March 6. DSN 380-4864, civ. 0621-730-9997.

• **Veterans of Foreign Wars** – VFW Post 9534 is now located in Bldg. 678 Apt. 6A and B, Jefferson Street, Sullivan Barracks has a new Web site, [www.mannheimvfw.com](http://www.mannheimvfw.com). Every Friday night at 6 p.m. there is a VFW social for members and guests. A monthly membership meeting is held the first Monday of the month. The VFW can assist with answering questions and applying for VA benefits, by appointment. Civ. 0621-7249-1920.

• **Automotive Service Excellence** – Sullivan Education Center is now accepting registration for the Automotive Service Excellence certification exams. Test dates are May 12-14. Registration deadline is March 3. DSN

385-2933, civ. 0621-730-2933.

• **MES PTA** – Mannheim Elementary School PTA presents Family Bingo Night Feb. 26 in the school cafeteria. Doors open at 5:30 p.m., games begin at 6 p.m. PTA members \$5 and non-member \$8. Civ. 0621-716-3896.

• **Tell Me a Story** – MES will host Tell Me a Story, 3 p.m. March 8. Brig. Gen. Jeffrey Smith Jr. will read "Mercedes and the Chocolate Pilot." Hands-on activities, snacks, and a fun learning experience will be provided. Geared toward families with children between ages 4-12. Spaces are limited and by reservation only. [Mannheim-tmas@hotmail.com](mailto:Mannheim-tmas@hotmail.com).

• **CYS Closed** – All Mannheim CYS Services Programs will be closed March 13 due to mandatory training. DSN 385-3550, civ. 0621-730-3550

• **Chapel Guest Speaker** – Mary Wertsch, author of "Military Brats," will be the guest speaker 6 p.m. March 17 at the Benjamin Franklin Village Chapel. All community members are invited. DSN 380-4347.

• **Orthodox Christian Services** – Orthodox Christian Chapel Services are at Coleman Chapel at 9:30 a.m. Sundays and 6:30 p.m. Wednesdays. Forgiveness Vesper Service, noon March 1. DSN 370-7307.

• **Protestant Women of the Chapel** – Meet at Ben Franklin Village Chapel 9-11:30 a.m. Thursday mornings and 6:30-8:30 p.m. Tuesdays. [Mannheimwoc@yahoo.com](mailto:Mannheimwoc@yahoo.com).

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